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NEWS WORTH SHARING.

Dad accused of beheading boys with a knife

Canadian citizen arrested in Somalia after four sons discovered dead PAGE 10

Both sides in U.S. budget fight dig in

Democrats and Republicans agree on only one thing: Shutdown could last at least two weeks PAGE 14

Monteith died accidentally of booze, heroin mix: Report

Needle, empty bottles found in actor's hotel room PAGE 4

A RIDDLE WRAPPED IN A MYSTERY INSIDE AN ENIGMA

WHO KNOWS WHAT TO EXPECT FROM THE CANUCKS THIS SEASON? PAGE 37

'It's just been a horror'

Surrey. Residents of trailer park have been without power for several weeks and are struggling to stay warm

KATE WEBB
kate.webb@metronews.ca

Almost a dozen low-income tenants at a Surrey trailer park say their lives have been "hell" since a demolition crew knocked their power out nearly three weeks ago.

Lillian Bailey, 88, has lived at the Beladean Motel and Trailer Park at 8205 King George Hwy. for 22 years and says that at one time it was a happy, well-kept place.

But she and the other tenants allege that over the last eight years the current and previous owners have rented the motel out to drug dealers, prostitutes and a theft ring. They claim power outages are common and repairs are frequently neglected.

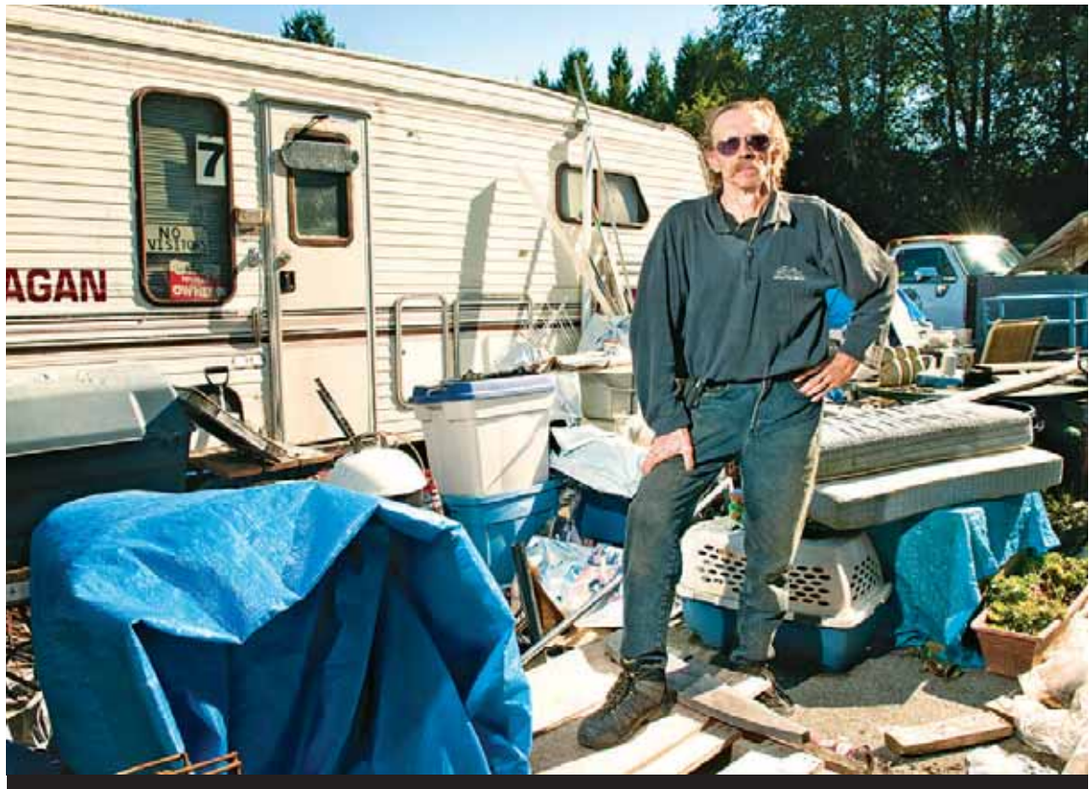
"It's just been a horror," Bailey told Metro. "With this company, the lights go out, they stay out."

Police were called to the motel hundreds of times because of fights, thefts and other disturbances, and as a result this summer the city deemed the building a nuisance.

The city ordered the owner, Suvash Chander, who also owns Surrey's Punjab Cloth Warehouse, to demolish the building or face fines of up to $10,000.

He complied, but on Sept. 14 the demolition crew knocked the power out in the trailer park, where 11 people are still living. There are conflicting reports as to whether the blackout was anticipated or accidental.

"This is the worst it's ever been without power," Bailey said. "I've lost some weight. I can't get warm.... I just haven't got words to say what I really think out loud, but it's just plain hell."



Doug Hennaberry, who asked that his real name be withheld out of concern for his safety, says he had to shell out $400 for a generator after a contractor knocked out the power to his mobile home on Sept. 14. JENNIFER GAUTHIER/FOR METRO

Reached by phone on Tuesday, Chander said contractors were doing everything possible to restore power to the mobile homes.

"We buy generator and buy gas for them," he said.

But tenants Doug Hennaberry, who asked that his real name be withheld out of concern for his safety, Bailey and their neighbour Keith Hill all dispute that. They say they have had to pay hundreds of dollars out of pocket for generators, which grumble noisily all day.

Hill also alleges that the $500 or so in gas that Chander's representatives have dropped off intermittently has been nowhere near enough and that the residents have had to shell out another $2,000 themselves on fuel so they can stay warm.

Jas Rehal, the city's manager of bylaw enforcement, says his officers are actively investigating and in constant contact with Chander and that the owner could face penalties if the tenants' grievances are not addressed.

In the meantime, Bailey says she wouldn't wish her home as it is on her worst enemy.

"What is it called in India — the untouchables?" she said. "That's what they've brought us down to."

Follow Kate Webb on Twitter @MetroK8

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3683 East Hastings. Landlord taken to court by city

An East Hastings landlord is in hot water after letting tenants move in despite numerous safety violations and without the city's approval.

The owners of 3683 East Hastings St. have been renting 60 apartments in the four-storey building since January 2013 even though it never passed safety inspections after it was extensively damaged by a fire in 2002, according to a report by Carli Edwards, the city's deputy chief building official.

The building received a development permit for residential units in 2005, but the city was under the impression the building was vacant until tenants complained about shoddy electrical connections and leaky plumbing in May.

The building did not meet life safety requirements, as it did not have a working fire alarm system, sufficient fire exiting or sprinklers.

While the owners quickly fixed those issues so the city didn't have to vacate the building, they still haven't met standards required for occupancy permits and a business licence for the ground-floor fitness centre.

The city wants a B.C. Supreme Court injunction to force the owners to comply with rules they're ignoring, including building, fire, zoning and development, licence and electrical bylaws.

The city has also taken the owners to provincial court for the permit and licensing violations.

"It is our hope that these charges will result in significant fines for the owners of the building and instil an understanding of the seriousness of their actions," according to the report.

Furious tenants staged a protest in August to draw attention to the building's conditions.

EMILY JACKSON/METRO

Well, this couple certainly looks to be having fun. A rendering of what Smithe Street could look like after Concord Pacific develops its new neighbourhood. CONTRIBUTED

Turning VanCity into FunCity

'False Creek Central.' Developer pitches way for city to shed 'no fun' image with plans for new neighbourhood surrounding BC Place

EMILY JACKSON
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Fans of urban density — and local sports teams — just might be inspired to move to Vancouver's newest neighbourhood.

Local developer Concord Pacific plans to fill the empty parking lots surrounding BC Place with condos, retail and commercial space in a neighbourhood it has dubbed "False Creek Central."

Along with Paragon's "urban resort" featuring two hotels, conference space and the relocated Edgewater Casino, more than $1.3 billion will be invested in the area, the company announced at a press conference Thursday.

The area will help the city shed its "no fun" label, B.C. Lions president Dennis Skulsky said at the event.

Developing a sports and entertainment district around the stadium will be a "crown jewel" that will attract more events such as the Grey Cup, he said.

While just one of Concord's towers has an official go-ahead from the city to put shovels in the ground, the company is confident it will get support for the rest, said Peter Webb, Concord Pacific's senior vice-president of development.

Concord plans to build a pharmacy and grocery stores, construct a dedicated bike route that will connect Expo to Pacific Boulevard and realign Smithe Street, Webb said.

About 20 per cent of the 1,300 planned residential units are slated for affordable housing.

Building this neighbourhood, however, won't get False Creek residents a park any faster. Concord will eventually build Creekside Park on the former Expo lands, but is waiting for the city to make a decision on the viaducts before it develops its next tract of land.

It must be noted that the viaducts were absent from Concord's architectural model of downtown.

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Needle, bottles found in Glee star's room

Cory Monteith. Final coroner's report rules the death accidental

EMILY JACKSON
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A needle and two empty champagne bottles were found in the Vancouver hotel room where Glee star Cory Monteith was found dead, according to the B.C. Coroners Service final investigation that ruled his death accidental.

Monteith, 31, died of mixed drug toxicity, including intravenous heroin and alcohol, according to coroner Claire Thompson.

The Canadian actor was found dead by hotel staff when he failed to check out of his room at the downtown Fairmont Pacific Rim Hotel around noon on July 13.

Drug paraphernalia, including a spoon with drug residue, a hypodermic needle and two empty champagne bottles and glasses were found at the scene, the report stated.

Monteith had gone out with friends before returning to his room alone at 2:16 a.m., according to hotel surveillance video.

The report confirms Monteith's much-discussed history of drug use along with his stints in rehab. It hints that his recent abstinence could have played a role in his death.

"If someone has abstained from using opioids (which include heroin) for a period of time, tolerance may be lessened," the report stated.

Cory Monteith checks his phone during a 2011 Canucks game. RICH LAM/GETTY IMAGES

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Same old, same old

Get ready for higher property taxes, user fees

Another year, another budget and proposed property-tax increase.

Much like the past few years, the city plans to raise property taxes at a rate that aligns with inflation, according to the 2014 budget outlook.

The city also expects to boost user fees by one per cent as it deals with the ever-rising cost of wages and benefits for public employees.

The new bargaining agreements will cost the city more than the anticipated tax-rate increase will bring in.

EMILY JACKSON/METRO

Twelve years to life

Man sentenced for stabbing dad to death over cash

A Kamloops man who has admitted to fatally stabbing his father 31 times will spend at least the next 12 years behind bars.

A B.C. Supreme Court judge has handed Jaipreet Singh Toor a life sentence after the 46-year-old pleaded guilty to second-degree murder.

Toor told the court he became enraged when his father refused to give him more money after providing him with cash earlier.

Justice Sheri Donegan ruled there was no evidence Toor was suffering from a mental illness at the time.

THE CANADIAN PRESS/CFJC

Storm and stress. Rescuers brave harsh conditions to find pair of missing hikers

A gruelling multi-day search for two hikers missing in deep snow and foul weather on Vancouver Island has ended with their safe return.

Comox Valley Search and Rescue tweeted that 22-year-old Jean Simon Lessard and 31-year-old Christopher Yao were found on Wednesday morning.

The Victoria residents were airlifted to safety two full days after they were reported missing on a hike to Mount Albert Edward in Strathcona Provincial Park, about 50 kilometres west of Courtenay, near Buttle Lake.

The men set out on the weekend, despite warnings of a major storm, and were reported overdue on Monday.

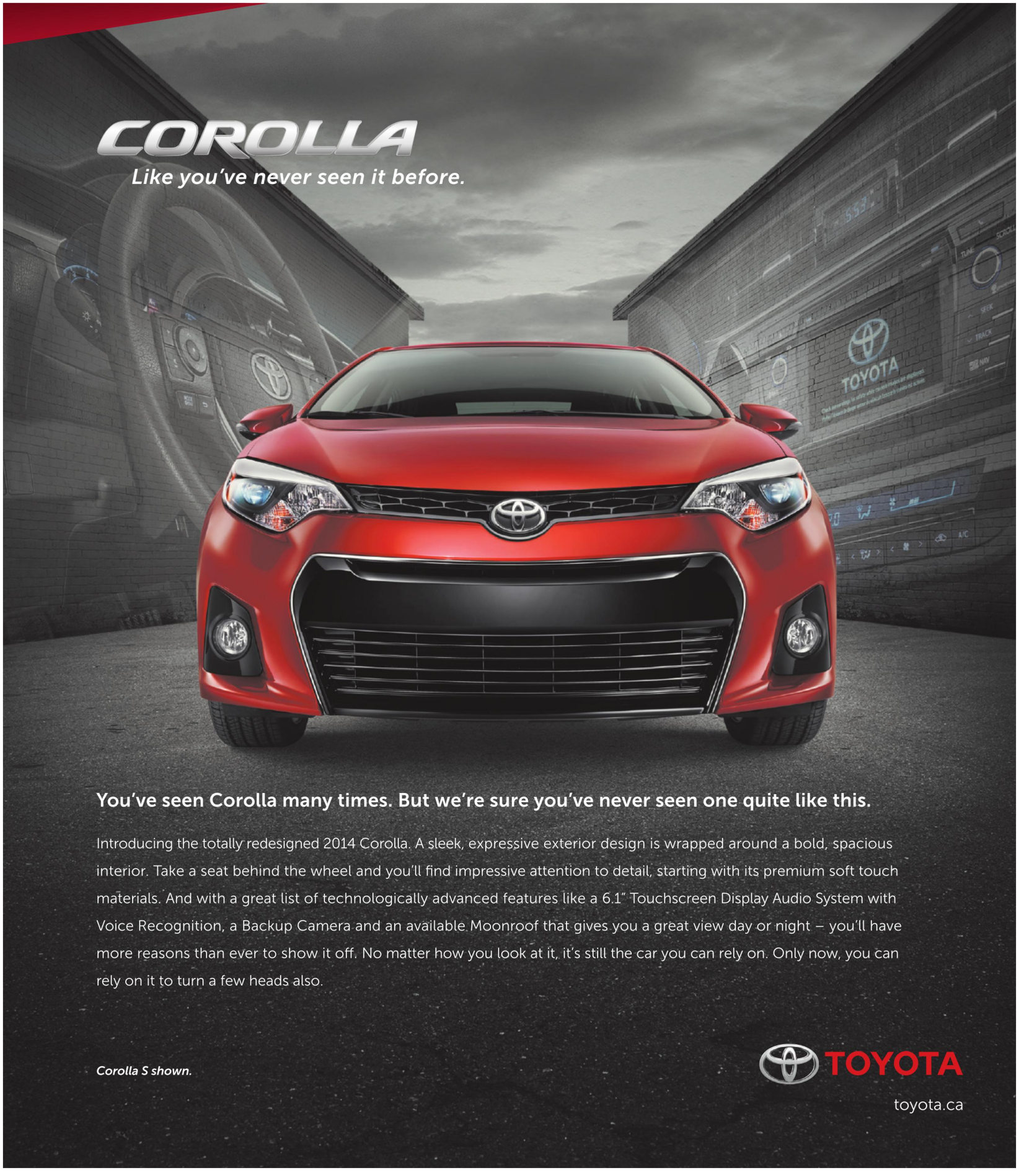
Royal Canadian Air Force search-and-rescue crews joined the Comox Valley Ground Search and Rescue team as it traversed the park's challenging terrain, said Capt. Trevor Reid of CFB Comox.

"Thick cloud and fog in the area posed challenges to the air search and transport efforts throughout Tuesday morning and again when another crew launched Tuesday evening," Reid said.

He said the ground crew found the two men in a tent at about 9:30 a.m. Wednesday, about six kilometres west of Mt. Washington.

"The hikers had good equipment and knew what they were doing," Master Cpl. Samuel Chennell-Pepin of CFB Comox said in a news release.

"They had been in a tent and had heard the helicopter circling the previous day. They eventually heard the (ground search) whistles and were able to meet them. They were both in good spirits when we brought them back." THE CANADIAN PRESS



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Manager's suspicion kept victim's nephew from Surrey Six carnage

Just down the hall. Uncle ended up servicing suite where the murders happened

The young nephew of Surrey Six victim Ed Schellenberg could easily have been caught up in the slaying, if not for a last-minute switch.

Zach Brown was 20 years old on Oct. 19, 2007, and was about to finish his first week on the job as a certified gas technician.

He was working with his uncle repairing all the gas fireplaces in the Balmoral Tower and, as he testified at B.C. Supreme Court on Wednesday, he was originally supposed to service suite 1505, where the murders occurred.

"My tools were on the left side of the building, where 1504 and 1505 were," said Brown, adding that he assumed he would finish those units and let his uncle service the rest of the fireplaces on the floor.

But building manager Tracy Carothers — suspicious of the tenants in 1505 and fearful the suite "wouldn't be a good environment" for the young man, as she testified earlier— told him that Schellenberg would service 1505 instead.

Brown still repaired the fireplace in suite 1504, where he met a man named Chris Mohan.

"He was a young guy, like me and was wearing a sweater and basketball shorts," Brown testified. "He was a nice kid."

Brown noticed a basketball and used it as a conversation piece with Mohan before moving on to repair the fireplace in suite 1508.

There, Brown testified he heard "four or five steady noises in the background" coming from outside the apartment.

But neither he nor the unit's tenant thought anything of it; in fact, they continued working on the fireplace and talking with one another.

Brown would later tell police the sounds didn't seem like gunshots but more like an object banging into something.

He finished the job, didn't see his uncle or anyone else on the floor (though Schellenberg's van was still parked outside the building) and went home for the day.

"Did you ever see your uncle again?" asked Crown prosecutor Mark Levitz.

"No," Brown replied.

Later, Carothers's husband, Norman, would go to suite 1505 in search of Ed Schellenberg only to discover him and five others (Mohan, Edward Narong, Corey and Michael Lal and Ryan Bartolomeo) dead inside.

Servicing on the unit's fireplace was nearly complete, the court heard.

Crown allege that Schellenberg and Mohan, along with Narong, Bartolomeo and Michael Lal, were killed execution-style to eliminate witnesses in the murder of Corey Lal.

Matthew Johnston, Cody Haevischer and Michael Le are currently on trial in connection with the deaths.

The trial continues.

MATT KIELTYKA/METRO

Liz Hurley hits Vancouver to raise awareness of breast cancer

Elizabeth Hurley is making a rare stop in Vancouver this week in support of Estée Lauder's Breast Cancer Awareness Campaign. She became the campaign's global ambassador 19 years ago after her grandmother died from the disease. "She sat on it for two years before she finally told someone and by that time the lump and the tumour had developed way too much and there was nothing they could do," she told Metro. The Austin Powers actress will sign autographs and meet and greet fans who purchase a Pink Ribbon product on the main floor of The Bay on Granville Street on Thursday night from 6:30 to 7:30 p.m. Depending on the product, 16 to 100 per cent of sales go to support breast-cancer research, education and medical services. TEXT: KATE WEBB/METRO; PHOTO: BRADLEY IRION/FOR METRO

Recharge. Event aims to bring participants balance

Mike Dirks's idea began in a hospital bedroom and will finish in a 250-seat room in Creekside Community Centre in the Olympic Village this month as he looks to bring a new type of conference to Vancouver.

His conference, titled Recharge, is a holistic blend of advice of body, spirit career, relationships and finances, and one he says has never been seen in Vancouver before.

"It's a great opportunity for people to bring their work and life back into balance," said Dirks, who owns West Coast Fitness.

The conference came out of talks between Dirks and two friends, Justine Levenberg and Melanie Guertin, while Levenberg was undergoing spleen surgery eight months ago.

Discussing ways of improving the world, Dirks proposed pulling all their ideas in to one conference.

METRO

Gwaii Haanas. Fight to eradicate rats continues

Parks Canada has completed a second air drop of rat poison on two islands in Gwaii Haanas national park, in an effort to restore seabird colonies destroyed by an invasion of thousands upon thousands of rats.

The air applications of poison were the second phase of Project Night Birds Returning, a five-year, $2.5-million plan to eradicate the rodents introduced to the Haida Gwaii archipelago by visiting ships more than a century ago.

The rats eat seabird eggs, chicks and even adult birds, and important colonies of some endangered species such as ancient murrelet and Cassin's auklet have been decimated.

The air drops carried out last month took place on Murchison and Faraday islands in the park, a UNESCO world heritage site.

THE CANADIAN PRESS

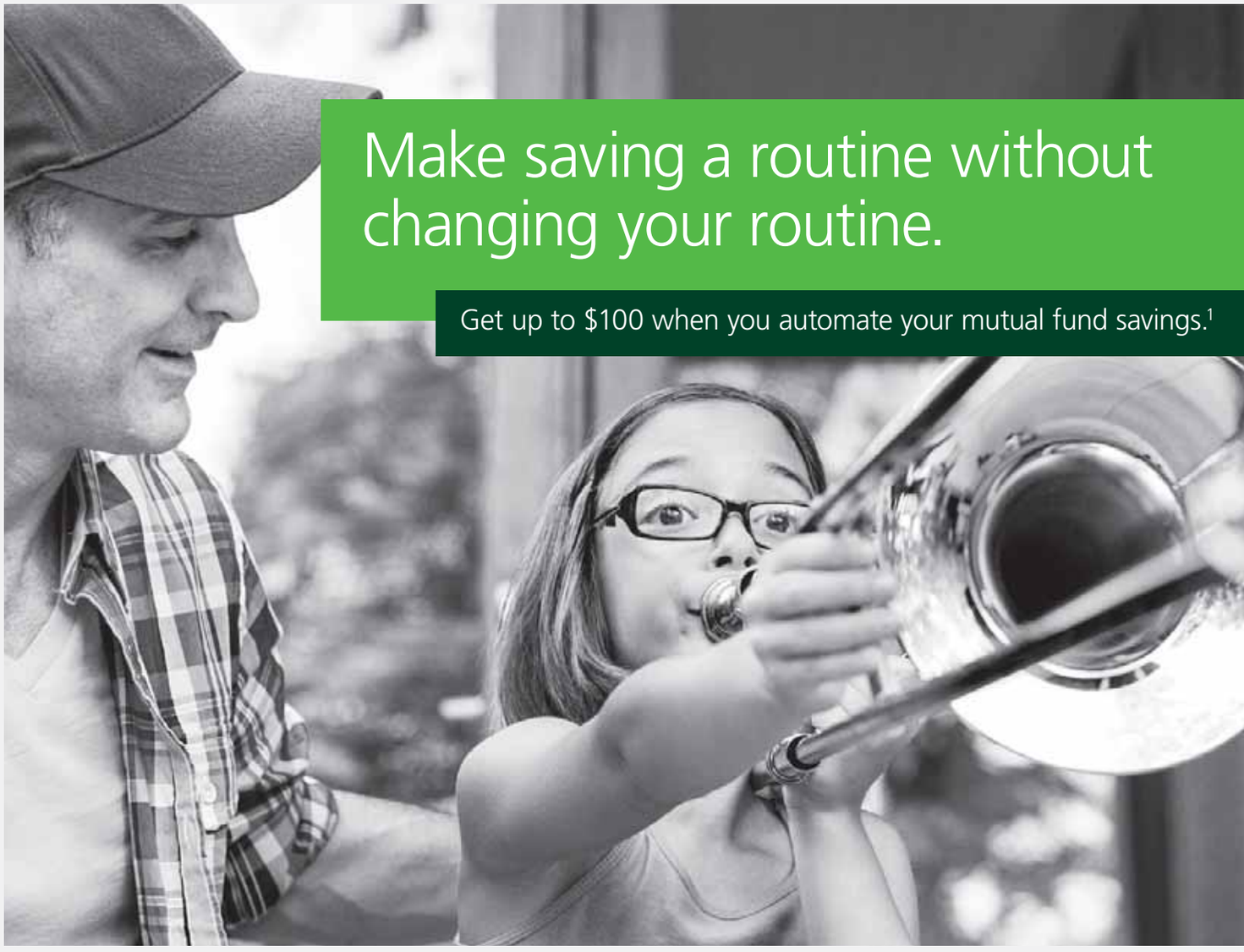
Ethnic votes. Clark mostly mum on investigation

Premier Christy Clark says NDP Leader Adrian Dix had a right to contact the RCMP, launching an investigation into alleged Elections Act irregularities.

Dix's complaint stemmed from the government's plan to woo ethnic voters and it was announced last week that a special prosecutor is overseeing the investigation.

"I have confidence that the RCMP are going to do the right job on this, investigate it thoroughly," Clark said Wednesday, her first public comments about the matter.

She said little else about it while chatting with reporters from Toronto about a meeting with labour market representatives to discuss Canada's skills training programs. Elections BC confirmed last week that the RCMP has contacted chief electoral officer Keith Archer about a complaint related to the Elections Act. THE CANADIAN PRESS



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They went to jail and loved it

Eager visitors lined up Wednesday as the historic Kingston Penitentiary threw open its doors to the public. It was the first tour group allowed inside since the final prisoners were moved out last week. The visitors looked in awe at the jail's workshop area (top photo) and the segregation cells (right), which are little more than cages.

PHOTOS BY FRANK GUNN/THE CANADIAN PRESS

They're doing just fine, thanks

Filthy rich ... and getting richer.

Affluent Canadians tell researchers they've bounced back from the 2008 market crash

You've always suspected it — and you're right. The rich ARE getting richer.

The majority of affluent Canadians are better off today than before the 2008 market crash, a new study shows.

A new BMO Harris Private Banking study covered well-off Canadians — those with investable assets of $1 million or more.

And it found that 54 per cent of them said their financial situation is more solid than before September 2008.

Only 11 per cent said they are worse off, and 36 per cent reported that their financial situation is unchanged.

The picture is slightly better for wealthy Americans — 61 per cent said they are doing better, and only 7 per cent said they are worse off than they were prior to the global economic crisis.

"High-net-worth Canadians clearly feel they have bounced back well from the 2008 downturn and are fairly upbeat about what the future has in store for Canada's economy," said Alex Dousmanis-Curtis, senior vice-president who heads up BMO Harris.

Quoted

"We are delighted to see such a high percentage of high-net-worth Canadians opening up their wallets."

Alex Dousmanis-Curtis, senior vice-president that heads up BMO Harris

"However, we're also hearing from many of our clients that they remain somewhat concerned about global market fluctuations and they want to … insulate their wealth as best as possible against a downturn."

But they're not shy about spending the extra dough, with the study showing them returning to pre-recession spending levels.

They are forking over more than, or the same as, they did prior to September 2008 in key areas — entertainment (89 per cent), travel (86 per cent), club memberships (78 per cent), clothing (75 per cent) and collections and hobbies (72 per cent).

"Increased spending shows confidence in the economy and helps spur economic activity," Dousmanis-Curtis said.

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Canadian accused of beheading his 4 sons

Somalia. Omar Hassan, 60, spent 30 years driving a taxi in Calgary, says the grieving mother of slain boys

A 60-year-old Canadian has been arrested in Somalia, accused of beheading his four sons with a knife.

Local press reported that police in the central city of Beledweyne arrested Omar Hassan Sunday evening after his four young children — Yahye, 7, twins Idiris and Sakariye, 6, and Yonis, 3 — were found dead.

"He has taken my blood!" wailed the boys' mother Qadro Addawe, reached by telephone in Mogadishu. "I don't have anything. I lost my children and I don't have anyone to help me now."

Addawe, 29, said Hassan spent 30 years driving a taxi in Calgary, and she married him in 2005 in the hope of having a better life. "He's a (Canadian) citizen," she said. Hiiraan Online, a Somali news website, reported Hassan had also worked in Yellowknife.

Addawe said they were married in Ethiopia and then moved to Kenya, where they had their first boy. They went next to Uganda, where the twins were born, and then moved back to Somalia, where they had their last child in 2010.

Once established in Beledweyne, Hassan started threatening Addawe and the boys, she said. Shortly afterward, she fell ill and was forced to leave her sons in the care of a relative while she made the long journey to Mogadishu so she could receive proper treatment in a hospital.

Around this same time, Hassan stopped supporting her financially, she said.

She contacted Canadian diplomats repeatedly in an attempt to get papers to allow her and the children to immigrate to Canada but says she was rebuffed.

She received a call from the Beledweyne police at 8:30 a.m. Monday, telling her about the murders and the arrest.

"I have been his wife for eight years. I know his character," she said. "His problem, I don't understand. This man is crazy."

"He said he wanted to attack me. I prayed to Allah … now he's killed them."

TORSTAR NEWS SERVICE

Quoted

"I don't have anything. I lost my children and I don't have anyone to help me now."

Qadro Addawe, mother of four boys allegedly beheaded by their father in Somalia

Global arms trade

Gun lobby warns Ottawa against signing UN treaty

Canada's recreational firearms lobby is telling the Harper government to avoid signing a landmark UN arms-trade treaty, arguing it could lead to an insidious return of the federal long-gun registry.

That's the message Canada's National Firearms Association and the Canadian Shooting Sports Association are delivering to Foreign Affairs Minister John Baird.

THE CANADIAN PRESS

Kenya

Official believes only 4 took part in mall attack

Closed circuit television footage from a Nairobi mall attacked by terrorists last month shows four men carrying automatic weapons, a top government official said Wednesday, an indication there may not have been as many attackers as government officials first said.

THE ASSOCIATED PRESS

Russia. 14 Greenpeace activists charged with piracy; more expected

Greenpeace says that 14 of its activists who were detained after protesting at a Russian oil platform have been charged with piracy, a crime punishable by up to 15 years in prison.

The activists from Argentina, Brazil, Britain, Finland, the Netherlands, Poland, Russia and Sweden were among 30 people who were on board the Greenpeace ship that was seized by the Russian Coast Guard following the Sept. 18 protest.

Two of the activists had tried to scale an offshore platform owned by Russian energy giant Gazprom to call attention to the environmental risks of drilling in Arctic waters.

Greenpeace says more activists, including two Canadians, were expected to be formally charged on Thursday and Friday.

Paul Ruzycki of Port Colborne, Ont., was serving as the ship's chief mate and Montrealer Alexandre Paul was also on board.

All 30 are being held in jails in Murmansk, a port above the Arctic Circle.

THE ASSOCIATED PRESS/WITH FILES FROM THE CANADIAN PRESS

Greenpeace International activist Sini Saarela of Finland stands in a cage at the Leninsky District Court in Murmansk, Russia, Sunday. Greenpeace said Wednesday Saarela was among the activists who have been charged with piracy by Russia after protesting at a Russian Arctic oil platform. GREENPEACE/THE ASSOCIATED PRESS FILE

Berlusconi swings behind government

Italy politics. Support ensures government's survival; Senate votes 235-70 to back premier

Silvio Berlusconi made a stunning about-face Wednesday and threw his support behind the government of Premier Enrico Letta in a confidence vote, acknowledging defeat on the Senate floor after defections in his party robbed him of the backing he needed to bring down the government.

Berlusconi's support ensured the survival — for now — of Letta's five-month-old left-right coalition. But it signalled that the 77-year-old billionaire's once unchallenged authority over Italy's centre-right has wobbled as his judicial woes catch up with him.

It was a major setback for Berlusconi, who over the weekend had demanded his five Cabinet ministers quit the government and bring it down, incensed at a vote planned Friday that could strip him of his Senate seat following his tax fraud conviction and four-year prison sentence.

But in a remarkable challenge to Berlusconi's authority, several allies balked and said they would instead support Letta's hybrid coalition to push ahead with necessary economic and political measures. The unusual show of defiance could signal that Berlusconi's influence has seriously eroded after two decades leading Italy's centre-right and being the main protagonist in Italy's political scene.

THE ASSOCIATED PRESS

Silvio Berlusconi listens to Italian Premier Enrico Letta delivering his speech at the Senate, in Rome, Wednesday. GREGORIO BORGIA/THE ASSOCIATED PRESS

China

Death toll climbs in city that kicked a hornet's nest

The death toll from a rare spate of hornet attacks in central China has reached 41 people, local authorities said Wednesday.

The Shaanxi provincial government said the attacks had plagued not only the city of Ankang, where 19 died, but had killed 22 others in two adjacent cities in the province's south.

All told, more than 1,600 people have been injured, and 37 of them are in critical or serious condition in hospitals.

An Ankang official said firefighters have been removing hornet nests.

The provincial government said hornets are most aggressive when they mate and migrate in September and October. Officials have also said drier and warmer weather this year has contributed to the ferocity of attacks.

THE ASSOCIATED PRESS

Revenge porn

California bans posting nude pictures of exes

California Gov. Jerry Brown on Tuesday signed a bill outlawing so-called revenge porn for people who post naked photos of their exes after bitter breakups.

The law, which takes effect immediately, makes it a misdemeanour to post identifiable nude pictures of someone else online without permission and with the intent to cause emotional distress or humiliation. The penalty is up to six months in jail and a $1,000 US fine.

Before the criminal law was enacted, California allowed victims to sue their virtual assailants, but that is an expensive and time-consuming option.

The American Civil Liberties Union had opposed the bill, arguing it might restrict free speech rights, which has been a concern in other states as well.

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Rob Ford stands by friend hit with series of drug charges

Out on bail. 'Good guy' and occasional driver for T.O. mayor accused of trafficking marijuana

Mayor Rob Ford addresses reporters by a gas station in Toronto on Wednesday regarding the arrest of his friend and occasional driver Alessandro Lisi, right, seen fighting his way through photographers as he leaves court. LEFT: TORSTAR NEWS SERVICE; RIGHT: NATHAN DENETTE/THE CANADIAN PRESS

Toronto Mayor Rob Ford said Wednesday he's surprised and shocked that one of his friends has been arrested and charged with four drug offences in the city's west end.

Toronto police say Alessandro Lisi, 35, is one of two men arrested Tuesday after a search warrant was executed in connection with an ongoing criminal investigation.

Lisi is charged with trafficking in marijuana, possession of proceeds of crime, possession of marijuana and conspiracy to commit an indictable offence.

Ford defended his friend in an impromptu news conference at a gas station near his west-end home, saying Lisi is "(on the) straight and narrow" and he's never seen him drink or do drugs.

He refused to comment further on Lisi's arrest, saying the matter is before the courts.

Lisi appeared in court at Toronto's Old City Hall on Wednesday afternoon and was granted $5,000 bail. He has another court appearance on Nov. 12.

In connection with Tuesday's investigation, another man, Jamshid Bahrami, 47, of Toronto, is charged with possession of cocaine, three counts of trafficking in marijuana and conspiracy to commit an indictable offence.

THE CANADIAN PRESS

On the hunt?

Lisi cited in crack video allegations

Torstar News Service reported earlier this year that Alessandro Lisi was looking for a video that allegedly showed Rob Ford using crack cocaine.

Ford has said he does not use crack cocaine and that the alleged video does not exist.

The allegation surfaced on May 16 when reporters from Torstar and the U.S website Gawker reported they were shown the video.

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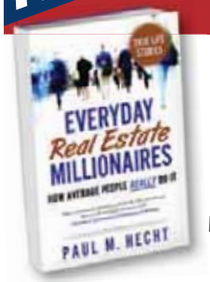

Canadian & U.S. Investor and BEST SELLING AUTHOR

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"Canada's Housing Crash Begins" — CANADIAN BUSINESS

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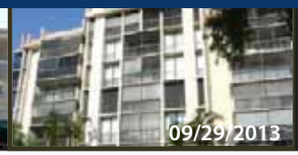

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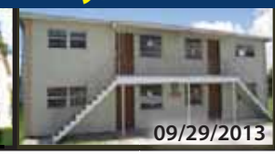

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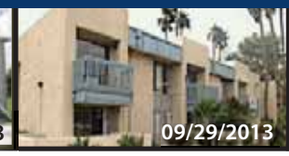

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Natural gas: $3.54 US (-7¢)
Dow Jones: 15,133.14 (-58.56)

Publishing

Author Tom Clancy dies at 66

Tom Clancy, whose high-tech thrillers such as The Hunt for Red October and Patriot Games made him the most influential military novelist of his time, has died. He was 66. His publisher estimated that worldwide sales of his novels top 100 million copies. THE ASSOCIATED PRESS

Tom Clancy in 1998
THE ASSOCIATED PRESS FILE

Upward trend

Internet stocks regain some sizzle

Internet stocks are heating up again, just as Twitter is preparing to turn up the temperature with its highly anticipated IPO.

Consider what's happened in the past month: The once-scorned stocks of Netflix and Facebook have soared to new highs; Yahoo's stock has surpassed $34 US for the first time in nearly six years; enamoured investors just poured more than $1.7 billion into secondary stock offerings by LinkedIn and Pandora; and Priceline's stock just broke $1,000, catapulting past its peak reached in 1999.
THE ASSOCIATED PRESS

U.S. budget battle. Both sides predict shutdown could last for 2 weeks

Furloughed government workers protest in Washington. WIN MCNAMEE/GETTY IMAGES

President Barack Obama brought top lawmakers to the White House on Wednesday as Republicans rejected Democratic demands to vote on legislation ending a two-day partial government shutdown without changes to the nation's three-year-old health care law.

Despite the meeting, White House press secretary Jay Carney said sharply that Obama "will not offer concessions to Republicans in exchange for not tanking the economy."

With the nation's ability to borrow money soon to lapse, Republicans and Democrats alike said the shutdown that has idled some 800,000 federal workers could last for two weeks or more, obliging a divided government to grapple with both issues at the same time.

House Republicans have brought a handful of bills to the floor to reopen portions of the government, including veterans' programs, parks and the National Institutes of Health. Democrats labelled that a piecemeal approach and rejected it, and the White House threatened to veto the measures in the unlikely event they made it to Obama's desk. "What we're trying to do is to get the government open as quickly as possible," said the House majority leader, Rep. Eric Cantor of Virginia.
THE ASSOCIATED PRESS

What to do with a 3D printer? Copy yourself

Technology. London startup is betting that printed plastic figurines will be a hot keepsake

KIERON MONKS
Metro World News in London

My twin is a perfect replica. From the haircut to the creases on his shirt, and the less-than-perfect posture, he is a mirror image. But at 15 centimeters tall, my twin appears to have been zapped by a shrink ray.

The truth is only slightly less like science fiction. The clone has been freshly printed from plastic, using an "experimental technique" by London tech startup Levavo.

To create Kieron 2, I stood in a studio surrounded by over 60 cameras that scanned and measured me, using photogrammetry to accurately extract features, before feeding the information to a 3D printer that uses around 400,000 colours.

The business is among the first of its kind, a product of the Polish brothers Marcin and Piotr Piosik. "It started from us photographing garden ornaments," says Marcin. "We realized the potential of 3D printing and bought 20 cameras to make a prototype."

Investors were impressed and the brothers began to produce commercially, selling the models for around $120 each. Customers find surprising uses for the figurines.

"Some use them like photos, keeping their family on a shelf," says Marcin. "Others like to have superhero effects, and one guy would get them to see how his diet was working."

The brothers aim to launch studios across Europe, and stay ahead of the game by constantly improving resolution and the materials for models. "We believe in the next couple of years we will have the same detail as any photo," says Marcin.

Quoted

"Some (people) use them like photos, keeping their family on a shelf. Others like to have superhero effects, and one guy would get them to see how his diet was working."

Marcin Piosik, a co-founder of tech startup Levavo, which uses 3D printers to make replicas of people.

Kieron with Kieron 2: Metro reporter Kieron Monks shows off his 3D-printed mini-me at the Levavo office in London. METRO IN LONDON

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LAND OF THE LOUD LORD

HE SAYS

John Mazerolle
metronews.ca

My landlord and I have a complex relationship built on a solid foundation of shouting.

Many people have landlords who treat their apartments with benign neglect, quick to respond to every tenant request with a blithe "We can send somebody in about a week," even if the specific message was "FIRE!"

Well, John my landlord is not like that.

John is the opposite of that. John is this: a perfectionist and a busybody and 90-something years old.

The kind of landlord who stares at you through the mottled glass of his door as if you can't see his distorted silhouette. The kind who stands on the front porch with a flyswatter (really), lest an insect sully his perfect patio. The kind who has appeared on two separate iterations of Google Street View sitting in his designated spot, probably mulling where to find a flyswatter big enough to chase off the Google Car.

John is hard of hearing, so while he's being nosy, he speaks to you at a volume usually reserved for pro-wrestling interviews. GROCERIES, HUH?! WHAT YOU GOT THERE!? YOGURT?!?!

Have I mentioned my rent is really low?

I'm not a perfectionist, to put it mildly. When the tenant upstairs moved, John had me take some photos of the apartment so he could catalogue the "mess" that had been left behind, such as an onion in the fridge.

"How can anyone live like this?" he asked, as I thought about the rotting vegetables in my fridge, several of which had become radioactive and/or sentient.

That means every time he knocks on my apartment door, my life descends into a Benny Hill panic, Yakety Sax blaring, except the only half-naked person is me. When he arrives for the occasional maintenance visit, I throw my pants off, so I can open the door a crack and let him know I'll be "just a minute." This buys me time to, say, cover the tomato soup stain in the middle of the living room carpet.

Once I was dealing with a fruit-fly infestation with vinegar traps when he unexpectedly knocked. I was forced to improvise with the vacuum cleaner, in a massacre I like to imagine the surviving fruit flies still talk about in hushed tones.

Maybe it's my fault that I'm a slob, maybe it's his fault that his idea of a reasonable warning is three knocks and a gentle "HELLO ANYBODY HOME?!?!"

Whatever the case, I'm happy. As long as my apartment is clean and affordable, I will put up with levels of eccentricity that greatly exceed the scientifically acceptable safe limit of 12 micro-quirks per square metre.

How do I make it work? I believe the key to a successful tenant-landlord relationship is communication: That is, avoid it at all costs.

When John is friendly, I smile. When he's confrontational, I nod. Then I move on. Compare to the upstairs tenant, who has had at least three shouting matches with him since she moved in a month ago. Calling the police seems to be a running theme, so at least they have some common ground to work from.

If you'd like any further tips on how to deal with your landlord, I'll just need a minute to throw some clothes on and ask you to ignore any strange noises, such as explosions. But feel free to give me a shout. That's what I'm used to.

ZOOM

Gaza's tunnel smugglers bored

HATEM MOUSSA/THE ASSOCIATED PRESS

No goods transferred amid Egypt turmoil

A Palestinian man works in a tunnel in Rafah, on the border between Egypt and the southern Gaza Strip.

Since the summer, Egypt's military has tried to destroy or seal off most of the smuggling tunnels under the Gaza-Egypt border, a consequence of the heightened tensions between Cairo and the Hamas government in Gaza. The tunnels once employed thousands of young men in Gaza. By early September, with most tunnels closed, only a few tunnel workers reported to their jobs for maintenance work. Some mask their faces with shirts to avoid identification while working, for fear of repercussions in case they were to travel to Egypt in the future.

THE ASSOCIATED PRESS

A solution to a blockade

- The tunnels have served for years as a lifeline for Gaza, home to some 1.7 million Palestinians.
- They became important after Hamas overran the territory in 2007, prompting Israel and Hosni Mubarak to impose a border blockade.

Fuel, construction goods

"We have no other alternative but to work in these tunnels. They are the only crossing to bring needed goods to Gaza."

Hussam Rashwan, tunnel worker
Some workers began digging new tunnels to replace the ones destroyed by the Egyptian security forces.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

ARI PERILSTEIN/GETTY IMAGES

Just because you don't live in a city with an international art biennale, world-class gallery or well-known film fest, doesn't mean you have to be left in the cultural dark. These podcasts will keep you tuned into the world of art and culture.

Bullseye:
In-depth interviews about 'all things awesome,' Jesse Thorn likens himself to Conan O'Brien, but safe for pubic radio.

LensWork:
Short snippets on photography, creativity and the art world — without the art speak.

SFMOMA Artcasts:
A monthly peek into the world of artists, writers, curators and musicians.

Comments

RE: O Canada, In All Thy Gender-Neutral Sons Command...? Published Oct. 1

When you have a mixed group, male and female, the masculine is no longer masculine alone but encompasses the entire group. For example, if you holler, "Hi there, guys," to a group of friends, the girls in the group are included in the greeting because of the rules of language.

English is not the only language that does this. In French, if you have a mixed group of men and women, the pronoun used is 'Ils.' It means all of them. In Spanish, if you have a mixed group, the pronoun used is 'Ellos,' the plural masculine form which now includes the women, too.

'In all thy sons command' implies sons and daughters. It leaves no one out. I lament that these women, who claim to represent all women (yeah, right) didn't pay more attention to their education. It's important to learn about the world and I would think that language would be a good skill to have.

Get a grip! You make me embarrassed of my own gender.

Hazel May Lebrun posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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A play about sex, because hey, you were thinking about it anyway

Don't avert your eyes. Who could resist a rendezvous with this kinky comedy?

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

How badly does young actress Vanda want the role? Well, she wants it, and during her sexually charged audition in It's Venus in Fur, let's just say things get a bit, well, heated.

This is a scene from one provocative piece of theatre by David Ives, and it's steaming up the Arts Club's Granville Island stage until Nov. 2.

"Many of us spend a lot of time thinking about sex," says the play's director, David Mackay. "Safe to say, this play is not going to detract you from that."

He says it'll make you laugh, too.

"However, audiences might also think about gender, power, and desire. David Ives' play provides an insightful exploration of the history of sexuality, of traditional power struggles, of the hierarchies at the core of modern theatre, and of taboo desires — asking ultimately — how much of our lives may actually be 'a little S&M?'"

Just don't get too comfortable on that casting couch, OK?

Visit artsclub.com for more information.

Great northern mountaintops — it's back!

Pemberton Festival is back. Yes, after a five-year hiatus, the much-loved/maligned mountain festival returns with the promise of big-name acts and better logistics.

This iteration is being produced by HUKA Entertainment. CEO A.J. Niland says the festival's acts will include a wide spectrum of rock, indie, hip-hop and EDM, and will be anchored by top-level headliners. But what about the traffic?

"The improvements made to the land base not only make the grounds more conducive to festival activities and camping, but have had a great and positive impact on parking and traffic management plans as well," says Niland.

"Discussions are already underway with Ministry of Transportation and Infrastructure officials to review these plans and put them into effect." Fans of the festival seem optimistic — they've already snapped up all the limited-offer Founder's Tickets, which went on sale last week, even though no musical acts have been named yet. The festival runs from July 18 to 20, 2014. More information at PembertonFestival.com.

David Ives' Venus in Fur is on at the Arts Club's Granville Island stage until Nov. 2. COURTESY ARTS CLUB

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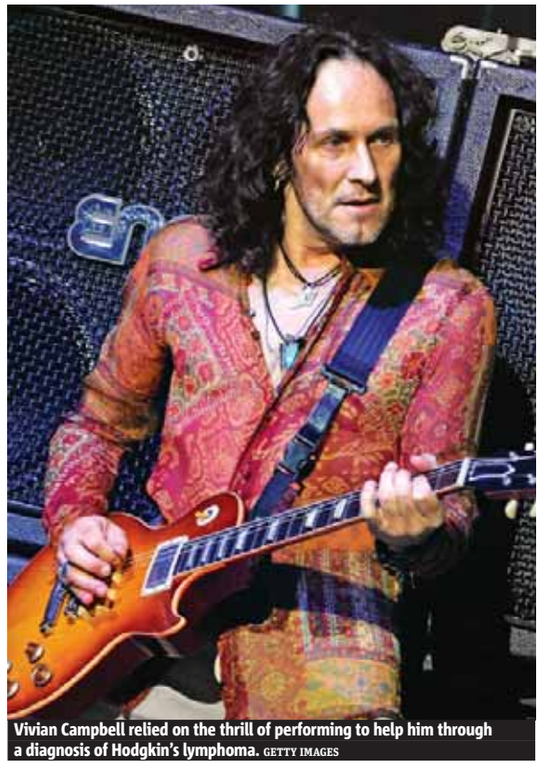
Even cancer can't stop Def Leppard from rocking on

Hysteria. Band takes their mega-hit album and brings it to the big screen



Vivian Campbell relied on the thrill of performing to help him through a diagnosis of Hodgkin's lymphoma. GETTY IMAGES

Rocking with Def Leppard between bouts of chemotherapy proved healing for guitarist Vivian Campbell.

The 51-year-old musician relied on his bandmates and the thrill of performing to help him through a diagnosis of Hodgkin's lymphoma (he started treatment in April). The band hit the road this summer for a monthlong tour that wrapped in July.

"We've actually been able to work through it," said Campbell. "We did the shows in Europe while I was doing chemo ... and mentally that was a big part of my recovery.

"I'm glad I had the opportunity to work through it instead of stay at home and feel sorry for myself."

After more than 30 years together, Def Leppard isn't slowing down for cancer — or anything else.

Fans can get a front-row seat to see the band at local cineplexes on Wednesday and Thursday and again next week in Def Leppard Viva! Hysteria Concert. Filmed during a Las Vegas residency earlier this year, it shows the quintet doing something unprecedented: performing the 1987 mega-hit album, Hysteria, live from start to finish.

"It was fun, actually, and a totally different way of doing it," said guitarist Phil Collen. "It was a different dynamic doing the album in full, and it was much more theatrical."

Part of the theatrics came in the form of Ded Flatbird. Singer Joe Elliott suggested the band open for itself during its first-ever Vegas residency, but do it as a fake cover band.

"We would actually go out and pretend to be Ded Flatbird, who were supposedly the greatest Def Leppard cover band in the world," said Campbell. "Joe gave us all aliases. We became different characters, and as the shows progressed, we kind of developed those personalities a little bit more, and that was a fun part of the show...

"Then, of course, the curtain reveal and it's Def Leppard doing Hysteria."

Ded Flatbird performed nightly during the nine-show engagement, playing obscure material from the early days of Def Leppard and other tracks apart from the Hysteria album. Ded Flatbird's performances are included in the double CD and DVD set, Viva! Hysteria, out on Oct. 22.

THE ASSOCIATED PRESS

A convincing cover

The band talks about pretending to be a Def Leppard cover band.

- **Drummer Rick Allen.** "We were so convincing that a lot of people didn't actually realize it was us. We actually got booed by a few people."
- **Guitarist Vivian Campbell.** "Because we went out and found another one-armed drummer," he quipped. (Allen lost his left arm in a car accident in 1984).

Playboy Clooney's model behaviour bags him yet another young beauty

It looks like George Clooney is completely over Stacy Keibler, if his reported sleepover with Croatian model Monika Jakisic at his L.A. mansion last week is any indication. The pair "spent hours talking and have an incredible connection," a source tells Us Weekly. That connection apparently began at a London nightclub back in May — two months before Clooney officially split with Keibler — where he and Jakisic "danced and held hands," according to the source. "He's been calling and texting her ever since."

George Clooney

Do not be alarmed, people of the U.K. — it's just Brad Pitt in his tank

Brad Pitt. ALL IMAGES GETTY

Brad Pitt's latest Second World War film, Fury, involves him spending a lot of time in a tank, so it's no surprise that residents of the U.K. town where they're filming have been warned about "loud and unexpected noises" and "intermittent controlled gunfire and explosions" during production, according to the Telegraph newspaper. "We wanted to warn people in advance so that they are not alarmed, but also we don't want people ringing the emergency services," a studio spokesperson says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Don't Giver the role! Swift will ruin one of my favourites

ALEXANDRA M. CAVALLO
Metro World News in NYC

As most of you probably know by now, Taylor Swift has been cast in a small role in the upcoming film adaptation of Lois Lowry's iconic YA novel The Giver. I say iconic because this book, like, defined my fourth grade year. So, when I heard that T. Swift — she of the never-ending odes to the bad, bad boys who shattered her achy breaky heart and the nonexistent acting chops (you guys saw Valentine's Day, right? Oh, no? Me neither) — was going to make an appearance in a Giver movie, I was a little affronted. And by a little affronted I mean I was all, "Say whaaat now?" and SMH dramatically at my laptop. Especially because the rest of the cast is shaping up to be pretty alright — Jeff Bridges as the title carrier of all the world's pain and the inimitable Meryl Streep as the village matriarch responsible for assigning roles to the children when they come of age. Katie Holmes is apparently slated to play Jonas' mother, which I'm also not too psyched about but hey, she sort of lived the real life version of a woman brainwashed into believing a totally altered and whitewashed way of life was normal, so maybe she'll bring some real authenticity to the role. Swift is apparently going to play Rosemary, the girl who was supposed to become the next Giver before Jonas. And that's the only reason I haven't written a strongly worded letter to the casting director yet. I can take consolation in already knowing how she fares (spoiler alert: not well).

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With more than 800,000 governmet workers now off the clock, why are the jackasses who got us here still getting paid?

@MarlonWayans
The purge! Urlllll!!! Get it out. Physical extraction spiritual release blahhhh! Ahhhh!

@josswhedon
I'm not "book smart", and I'm not "street smart", but I'm... I, uh -- which was the one with books? I have that.

Michelle Rodriguez

Rodriguez finally and bluntly reveals sexuality

Michelle Rodriguez has finally decided to put an end to years of speculation about her sexuality. "I don't talk about what I do with my vagina, and they're all intrigued," she recently told Entertainment Weekly. "I've never walked the (red) carpet with anyone, so they wonder, "What does she do with her vagina?" Plus, I play a butchy girl all the time, so they assume I'm a lesbo. Eh, they're not too far off. I've gone both ways. I do as I please. I am too f—ing curious to sit here and not try when I can. Men are intriguing. So are chicks."

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Au revoir to the runway

Another season of style has taken us to New York, London, Milan and finally, Paris. We conclude Spring/Summer 2014 fashion month with a look at France's most fabulous and forgettable offerings.

KENYA HUNT
Metro World News

Stella McCartney

Stella McCartney took a more relaxed, understated route for spring, working with longer silhouettes in single-tones. There was a very clear no-nonsense quality about the clothes, even with the more decorative skirts that had the peek-a-boo slits across the thighs. These were clothes for the woman who wants to look fashionable, but doesn't want to think about her outfit once she's put it on.

Chanel

Karl Lagerfeld's sophisticated tweed suits and younger urban dresses, all in saturated colours and painterly graphics, were the polar opposite of last season's work, which was darker and filled with Karl's rocker-edged trademarks. Watching the show, you got the sense that it was about having fun and enjoying the act of dressing up — how can you not in, say, a dress covered in multi-coloured tiers made to look like silk Pantone chips? It's display on an even grander scale than the pedestal treatment a sculpture may get in a gallery. And if you're going to show off, what better thing to wear than Chanel?

Saint Laurent Paris

Say what you want about Hedi Slimane, but you can't deny that he seems to know what women are in the mood to wear. Critics were on the fence about his last collection, which brought back grunge. Grunge at Saint Laurent? Isn't that blasphemy? The clothes are undeniably cool and sexy, but Isabel Marant already got there first. No matter, this updated take on that French rocker girl je ne sais quoi will be all over Zara and the like come March, if not sooner.

Chloé

Clare Waight Keller's clothes were refreshingly devoid of any bold graphics and prints, and yet it still had that feel-good quality that has characterized the shows this week. There wasn't a crystal or sequin in sight. Instead, she showed single-colour, easy-to-wear separates and dresses in a range of desert tones that were like a palette cleanser after the gilded, print parade we've seen this week. Best of all, it will give some much needed variety to the shop floors next spring.

Akris

This collection ran into trouble with the prints, which made the clothes look more like something you'd see in Banana Republic than on a Paris runway. The wrong print can cheapen a well-made piece. Other moments, though, such as an ivory v-neck sundress with sheer grids and a white coat dress with curved, sculptural tiers looked pretty, timeless and flawless — perfect for someone like, say, Princess Charlene of Monaco who sat front row.

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Drinking in the boundless energy of @SuzanneSomers, stellar at 66! New book "I'm Too Young for This" aims to empower.

A truly mooo-ving afternoon @roseneathfair!

What a lot of vino! At a Penfolds' wine tasting @ShangriLaTO appreciating the finer things in life... #LChaim

The Kit

Canadian street style

Spotted in: Toronto

Ayanda

Teacher

What she's wearing
Blundstone shoes, vintage denim shorts, Forever21 V-Neck Tee, vintage Leo de Gennaro sunglasses, and NARS red lipstick.

Her inspiration
"I just wear what represents me… and I feel naked if I am not wearing red lipstick."

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Seeking success in style? Strut it like Beckham!

Super Spice. We have a quick chat with the fashionista as she hosts a lunch presentation during Paris shows

You had one of New York Fashion Week's most talked about moments when a photographer snapped a photo of Anna Wintour, without her sunglasses, smiling at little Harper.

It was great having her there sitting with David. I like to have them with me as much as I can.

Are you prepping Harper to one day fill your shoes? Will all of this be hers?

I don't know whether it will be Harper or one of the boys. My family inspires me constantly. I'm very, very blessed to have such a supportive family and husband. The boys would be at the show as well if they weren't at school. But they can't have time off at school. But it was great having Harper and David there.

It's interesting that you chose to have this presentation at the British Ambassador's House, would you say you've become an ambassador of sorts for British fashion?

Well I live in London now and my kids love it and my husband loves it. I'm proud of what I've achieved with my team and with how my business is growing. I'm glad that I can make women feel empowered. Because that's ultimately why I do what I do. We've achieved a lot in five years. We launched our e-commerce site a year ago, we're about to put the ready to wear brand on the site for the first time. So customers can really see the collection through my eyes. Separates, denim, two dress collections. I'm very proud of what I've achieved in five years. I'm really proud to be British.

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Light up your living room

Tables and lights.
Part 2 of a series on living room decor will help you find the right accent tables and lighting for your space

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

In this four-part series, I'm serving up decor tips to get your living room looking fabulous in time for the holidays. In this issue, I tackle tables and lamps.

Size

• The lower the coffee table (14 to 18 inches high), the more modern it is. A higher coffee table (often referred to as a cocktail table, at 20 to 26 inches high) is a more traditional approach.
• The length of the coffee table should be two-thirds of the seating area on the sofa. Anything larger will be too awkward to move around.
• Two or three matching small tables can replace one large table and offer up flexibility when entertaining in a small space.
• The height of an end table should be within three inches lower or higher than the sofa arm.
• Try to find an end table that is almost as deep as the sofa — this will maximize space and offer more tabletop display surface.

Part 3

Next week: Artwork

Style

• Coffee and end tables don't have to match each other.
• If you have a casual household (young children, movie nights and slumber parties) then wood tables or upholstered ottomans (with trays on top) might be a better option for you.
• Glass-topped tables work better where formal entertaining is done.
• If you want to mix and match tables, wood and/or metal tones should be similar to other furnishings or accessories in the room.
• Tables that also offer storage are perfect for smaller spaces.

Cost

• The price depends on the level of quality you are considering.
• A beat-up storage trunk found on the side of the road could be the perfect solution for cottage-style decor, whereas a wooden English side table could cost you thousands of dollars.
• Rule of thumb: Your coffee table should cost about 30 per cent of the cost of your sofa.
• An inexpensive end table can look like a million bucks when topped with a fitted marble top.

Mixing and matching tables helps create an eclectic living room. cb2.com.

An alternative to a coffee table is an ottoman with storage. Jess Storage Ottoman, $1,250, modern-countryinteriors.com.

Make sure you take the height and style of your sofa into consideration when choosing an end table. Original Cottage end table, $129, sears.ca.

Discrete elbow-armed floor lamps are perfect for reading and fit with almost any style. Dainolite Chrome Floor Lamp $200, livinglighting.com.

Every room needs three types of lighting. Here's what you need in your living room:

Overhead: Try recessed lighting or pot lighting. These lights are used to brighten dark corners or walkways and illuminate paintings.

Ambient: This includes dimmed lights you leave on when you go out at night. A picture light, small candlestick lamps, plug-in night lights and battery-operated candles all help to create ambience in a room at night.

Task: Reading lamps are most popular. I like an elbow-angled floor lamp that can be moved when they're not in use.

ValueVillage

Check out **valuevillage.com** for even more great ideas plus DIY costume how-tos!

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Adler's acrylic obelisk filled with nails. JONATHAN ADLER/THE ASSOCIATED PRESS

Nailheads hit the right note with twinkly glamour and edgy attitude

Constructing style.
Traditional fasteners are having a moment in contemporary decor

If you lived in a comfortable home in 17th century France or 19th century England, your chairs might well have been embellished with nailhead trim. It was a clever, decorative way for craftsmen to secure materials to upholstered furniture.

Another traditional fastener, the rivet, was also commonplace in manufacturing and shipbuilding centuries ago.

Now, both nailheads and rivets are having a moment in contemporary decor. On some pieces, they reinforce traditional elegance. On others, they offer an urban, edgier esthetic.

"We're seeing nailhead trim — this 400-year-old detail — in lots of new applications, creating bold looks," says Seattle interior designer Timothy De Clue.

Lisa Ferguson, an interior designer in Toronto, trimmed a pair of armless coral chairs with a decorative, antique-brass nailhead design along the skirt. She says both brass and warm satin detailing evoke classic glamour.

"It almost always gives the perception of a more luxurious piece, while adding texture," Ferguson says.

But be mindful of inexpensive trims if you want a luxe look, she adds.

"Attention to detail and craftsmanship is what differentiates the good from the best. Pay special attention to the scale and spacing of the nail heads in relation to the piece of furniture, and always go for metal individual heads over rows of plastic if it is in your budget," she says.

Ballard Designs has a selection of headboards you can customize in different fabrics and finish with brass or silver nailheads.

Homegoods offers slipper chairs in fun colours like peony pink, lime green and rich purple, embellished with silvery trim. The trim also edges a svelte bench — covered in a green, white and black classic pattern — perched on sleek black legs.

Nailhead trim works well with textured materials; Jayson Home's Bretton shelf unit is covered in burlap and trimmed in brass nails.

Jayson Home also plays off the vintage industrial vibe in today's decor with rivet detailing on distressed-iron and steel side tables, reminiscent of turn-of-the-century decor or shipboard tables.

Arhaus has a series of interesting chairs that combine recycled leather seats with backs upholstered in woven fabric; the materials meet at a nailhead border.

THE ASSOCIATED PRESS

Jonathan Adler

Designer Jonathan Adler is a fan of the nail.

- His Channing screen, named after Bette Davis' character in the movie All About Eve, is a white lacquered room divider studded with polished nickel nail heads.
- He also plays with the motif in an irreverent tabletop confection: a clear acrylic obelisk filled with construction nails.

Adler's Channing screen, in white lacquer with polished nickel nailheads.
JONATHAN ADLER/THE ASSOCIATED PRESS

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Whey Better Protein by: Shannon Kadlovski, BA, CNP

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.

2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.

3. Choose one that is cold temperature micro-filtered.This ensures the highest quality and biological value.

4. Choose an all-natural brand, free of artificial flavours and artificial colors.

Absolute Smoothie Recipe
1 cup water or coconut water
1 scoop of Absolute Whey protein powder (or 2 tbsp.)
1 tbsp. chia seeds
¼ tsp. matcha green tea powder or ¼ tsp. spirulina powder
½ cup fresh blueberries
½ banana
¼ tsp. cinnamon
handful of kale
* Toss all of the ingredients into a blender and blend until smooth and creamy

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Get clutter-free this fall

Take a tip from the squirrels and start storing everything away. All right, not everything — but put away that kitchen clutter, stash your skimpy summer clothes and finally organize your desk. You'll be surprised how much better your place looks when junk, supplies and non-necessities are put in their place.

JULIA WEST/METRO WORLD NEWS IN NEW YORK

Double down

"Storage furniture is usually double-duty furniture," says Aristidis Zaharopoulos, owner of furniture-maker Gothic Cabinet Craft. "For example, a storage chest can also serve as a coffee table." Storage beds, with drawers tucked underneath the frame, are also great options. Zaharopoulos and company have been building storage beds since 1969, and it's the most popular item they sell.

Waste not

"No matter how much space you have, you always end up needing more," says Zaharopoulos. So don't let those walls go to waste — make them work for you. Consider mounting a wooden organizer, which usually has a combination of shelves, drawers, cabinets, hooks and rods. You'll see them used to store craft supplies or workstation accessories, but you don't have to stop there. Keep your desk clean with one of those bad boys.

Reach for the sky

No one said that shelves have to be eye-level. Well, maybe someone did. But they were wrong. Let the ceiling be the limit when it comes to installing shelving. You can buy them big or customize your own, but either way you'll be pleased that you didn't stop at a lousy five-foot-tall bookshelf. With a skyscraper of shelving you can stack books, organize office and art supplies, or show off your treasures.

"Obviously, efficient use of space in a city apartment is critical for good living," says Andrew Black of Black & Sons Furniture Makers in Wisconsin (he's the son half of the name). And there's another plus, Black adds: "Smaller, more efficient homes can have more lasting value, and because it costs you less to live in them, you can afford to fill them with more beautiful things."

Bathrooms need storage love, too

Creative storage can happen anywhere. Don't neglect the bathroom, which may have room for a small storage bench or sink-side end table. And your linen closet could probably use a few simple canvas boxes or hanging shoe organizers to keep everything in place and make a little more room for spare toiletries or cleaning supplies. Finally, get under your bed and organize it with the help of sweater boxes, shoeboxes and Tupperware.

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DIY Thanksgiving

Style gurus Steven Sabados and Chris Hyndman are getting ready for the Thanksgiving holiday and shared these easy, cost-effective DIY projects to help you get into the festive spirit. For more Thanksgiving tips, watch Steven and Chris weekdays at 2 p.m. on CBC.

ALL PHOTOS AND TEXT PROVIDED BY STEVEN AND CHRIS

Thanksgiving table setting

There's no better time of year to celebrate nature's charm than Thanksgiving. Beautiful foliage splashes our landscape, creating breathtaking scenery that has inspired us to create this seasonal table setting.

- Burlap
- Pumpkins and gourds
- Flowers
- Candles
- Dried corn husks
- Manila labels

Method:
1. Run a piece of burlap down your table as a runner. It will warm up the table and instantly set the tone for your harvest meal.
2. Gather pumpkins, gourds, flowers and a few candles to dress up the centre of the table. For a foolproof way to set this up, start with the largest pumpkin and flowers in the centre and work your way out, getting gradually smaller as you go.
3. Create a pumpkin vase by hollowing out one pumpkin and adding a cylinder vase to the centre. Add a seasonal floral bouquet to the vase.
4. Create organic place cards by using dried corn husks wrapped with string. Attach a manila label (with your guest's name handwritten on the label) to each grouping of husks. We recommend a grouping of three husks of varying colours.

Birch candlestick holders

Birch logs are a chic addition to your fall decor and are often found in robust autumn planters. Incorporate a touch of this rustic elegance into your fall tablescape with these beautiful birch log candlestick holders.

- Saw
- Birch logs
- Drill & spade bit
- Candles

Method:
1. Saw your birch log into varying heights.
2. In the centre of each log drill a hole, approximately one inch in depth (Note: Use a spade bit that is the same width as your taper candle — we used a 3/4-inch bit).
3. Add felt pads to the bottom of all your log rounds.
4. Add your candles to the log holders and display in a cluster for a fun centrepiece.

The Pumpkin Alexander cocktail

The wonderful fall flavours that we savour at Thanksgiving need not end once dinner has been devoured. The delicious taste of pumpkin can add an interesting festive twist to a classic Brandy Alexander cocktail. Consider the Pumpkin Alexander as the perfect cocktail for your Thanksgiving dinner party!

- 1.5 oz brandy
- 0.5 oz amaretto
- 2 oz crème
- 3 tsp canned pumpkin pie filling
- Nutmeg
- Cinnamon

Method:
1. Drop some crushed ice into a shaker.
2. Add brandy, amaretto, crème and canned pumpkin pie filling.
3. Secure the shaker lid on the shaker.
4. Shake away!
5. Pour the frothy cocktail into a martini glass.
6. Garnish with grated nutmeg and cinnamon.

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Saving seeds from a Gardener's Delight variety of heirloom tomato in New Paltz, N.Y. The first step in saving tomato seeds entails nothing more than squeezing a bit of the seed-gel mix out of the cavity of a tomato fruit into a glass. No need to sacrifice eating the rest of the fruit! LEE REICH/THE ASSOCIATED PRESS

Save your seeds to sow the garden you want next summer

Gardening. Reusing seeds saves money and ensures you'll see your favourite plants again next year

September finds gardeners saving seeds from this year's best sweet peppers and most colourful flowers to plant in next year's garden.

Why? Saving their own seeds from year to year gives them a bit of independence from seed companies, which, for one reason or another, may stop offering certain varieties. It's also a way to maintain an annual supply of seeds that seed companies never offer, such as some of the so-called heirloom varieties handed down for generations among families and neighbours.

Avoid hybrids

Unlike heirloom seeds, which are self-pollinating, seeds taken from a hybrid plant will not, when planted, yield plants the same as the parent plant. Take the seeds out of a hybrid sweet pepper, such as Candy Apple, and you will not get Candy Apple fruits on those plants next year. So you must buy seeds of hybrid varieties if you want those specific varieties.

Give it time

If you choose to save seeds from your own garden plants, select plants that are healthy. Let fruits or flowers mature, whether they are the dry pods of bean plants or radish plants, the fruits of pepper or cucumber plants, or the dry seed heads of marigolds or zinnias.

No need to do anything with the dry seeds you pop out of radish pods or rub from the heads of marigolds, except to pack them away. Cool, dry conditions keep seeds at their best in storage.

THE ASSOCIATED PRESS

And next year?

- What kind of plants you end up growing next year will depend on whether the seeds you collect are from hybrid plants, and whether the seeds are from plants that self-pollinate or cross-pollinate.
- The most predictable outcomes from saved seeds will be from non-hybrid plants that have not cross-pollinated or do not do so readily, such as heirloom varieties of tomatoes and peppers.

Put down the boxed mac & cheese

"The whole wheat noodles and sweet potato up the nutritional score of this recipe, but it's as creamy and satisfying as a more traditional mac and cheese," writes Ceri Marsh in How to Feed a Family.

"I first made it when I needed to bring a dish to the Christmas potluck at (my daughter) Esme's daycare a couple of years ago. It's great any time you have to feed a big gang."

1. Cook the pasta according to the package instructions.

2. In a large heavy-bottomed saucepan, melt the butter over medium-low heat. Sprinkle the flour over the butter, stir and allow to cook for a minute or two. Now slowly add the milk, stirring continually to stop the sauce from lumping up. If it's not thickening, nudge the heat up just a bit. Now add the (shredded and grated) cheeses and stir as they melt. Add the puréed sweet potato and stir well to combine. Taste before seasoning with salt and pepper.

3. In the last 2 minutes of the pasta's cooking time, add the frozen peas. (Who needs to dirty another pot?) Drain the pasta and peas in a sieve. Pour the cooked pasta and peas into the pot with sauce and give everything a good stir. Serve straight from the pot into bowls.

RECIPE FROM HOW TO FEED A FAMILY: THE SWEET POTATO CHRONICLE COOKBOOK BY LAURA KEOGH AND CERI MARSH. PHOTOGRAPHS BY MAYA VISNYEI.

COPYRIGHT © 2013 SWEET POTATO CHRONICLES.

Ingredients

- 3 cups (750 ml) whole wheat macaroni
- 4 cup (60 ml) butter
- 2 tbsp (30 ml) all-purpose flour
- 2 cups (500 ml) milk
- 1 cup (250 ml) cheddar
- 5 cup (125 ml) Parmesan cheese
- 1 cup (250 ml) canned sweet potato purée
- Salt and pepper
- 1 cup (250 ml) frozen peas

Sweet Potato Mac & Cheese

This recipe serves eight. PHOTOGRAPHY COPYRIGHT © 2013 MAYA VISNYEI PHOTOGRAPHY. REPRINTED BY PERMISSION OF APPETITE BY RANDOM HOUSE.

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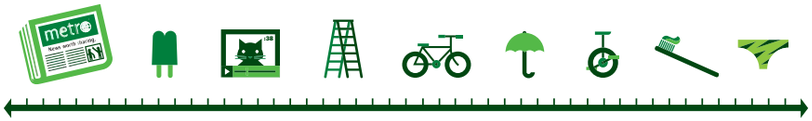

easy hard

HOMES FOR THE URBAN-MINDED FAMILY

In the highly walkable city of Vancouver, downtown is a great place for families. That fact is never more apparent than the fall, when downtown parents can be seen enjoying the convenience of having schools and everything else they need at their doorsteps.

At 188 Keefer, a new condo development by Westbank in Vancouver's historic Chinatown, families don't want to (or need to) compromise between comfort and convenience.

The two- and three-bedroom homes in the tower at 188 Keefer are perfect for an urban-minded family, says Alexa Paukkunen, sales and marketing director for 188 Keefer.

"These homes are really for people who are looking for that downtown lifestyle — the proximity to everything they need day to day," Paukkunen says.

"If you work in Vancouver, chances are you're going to have a short walk or commute to the office."

CONTRIBUTED

Families with younger children will be able to enjoy a new elementary school nearby — one is now under development at International Village, a five-minute walk from 188 Keefer.

The well-designed, practical condos at this 156-unit, 17-storey development have high-quality interiors designed to meet families' needs.

Tower homes feature engineered hardwood floors, Miele and Blomberg stainless steel appliances, contemporary fixtures, Corian countertops, and custom back-painted glass backsplashes.

"The interiors are well-equipped for parents who want beautiful home finishings, but also need practical features like counters and floors that are easy to clean, smartly organized storage solutions, and all the other conveniences that should come with a home," Paukkunen says.

The big windows let in expansive city views, Paukkunen says.

"No matter which direction you're facing, you're going to get views of the mountains, water, cityscapes or green space."

Three bedrooms, including one parking stall, start from $529,900 on the 11th floor.

The 188 Keefer information centre is open at 190 Keefer St., (corner of Main and Keefer). For more, call 604-620-2018 or visit 188keefer.com.

LIVE IN A VIBRANT, CULTURAL HUB

The rich cultural amenities of Vancouver's historic Chinatown make it one of the most fascinating and educational places to live in Vancouver.

That's what makes living in the area such a great experience for young families, says Alexa Paukkunen, sales and marketing director for 188 Keefer, a new condo development in Chinatown.

"Chinatown has been around since the 1800s, so it's full of history, but it's also so vibrant and thriving," Paukkunen says. "Every morning the shops open, selling everything from fresh fish, baked goods and produce to Chinese tea and paper lanterns. If you get to know the area you'll find lots of local gems."

There are also many activities in the neighbourhood for kids. Chinatown's diverse festivals, for instance, celebrate the district's cultural fusion in colourful fashion.

The neighbourhood event of the year, Chinatown's famous Chinese New Year parade, draws visitors from across Metro Vancouver. A treat for kids and a feast for the senses, the festival includes lion dances, marching bands, dancing, and martial arts performances. And, of course, there are a plethora of food options, from traditional to non-traditional, and all mouth-watering.

CONTRIBUTED

Just down the street from 188 Keefer, Dr. Sun Yat-Sen Classical Chinese Garden is a land of discovery for parents and children alike.

When families want to spend time playing and relaxing outdoors, Andy Livingstone Park is located nearby with extensive playing fields for softball, field hockey and soccer, as well as beautifully landscaped pathways for taking in the beauty of the park and the city.

There is also a place to play at 188 Keefer. Amenity spaces total nearly 4,000 square feet and provide a range of entertainment and activities, including the 2,500-square-foot terrace complete with children's play area and urban garden plots.

"This is a neighbourhood for a family to grow in," Paukkunen says.

CHINATOWN HOT SPOTS

Diverse destinations in or around Chinatown mean there is something for everyone at 188 Keefer.

Dr. Sun Yat-Sen Classical Chinese Gardens — A tranquil oasis where water, stone and plant life are balanced in perfect harmony.

International Village Cinemas — Catch the latest blockbuster or independent flick here.

Bao Bei Brasserie —Deftly executed Asian-Western fusion food and masterful cocktails make this restaurant the perfect place for date night and social gatherings.

TELUS World of Science (Science World) — A wonderland of scientific and sensory discoveries for kids and the young at heart.

Phnom Penh — Known by many as Vancouver's best Vietnamese restaurant and awarded "best Vietnamese" several years in a row by Vancouver Magazine. The chicken wings are a must-try.

New Town Bakery — A neighbourhood institution delivering your favourite Chinese and Filipino baked goods and pastries (such as egg tarts, award-winning apple tarts, barbecue pork buns and world-famous steam buns) fresh and piping hot every morning.

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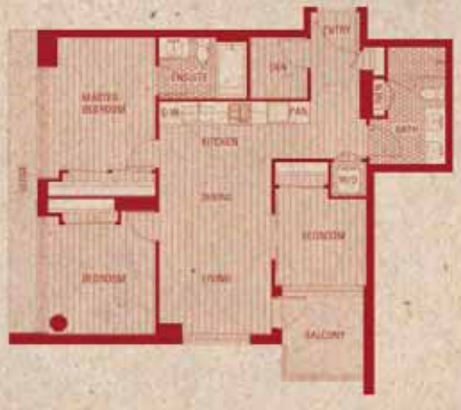

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FIRST-TIME HOMEBUYERS

Thursday, October 3, 2013

There are many communities, designs, and builders to choose from, so read advertisements, browse builder websites, visit home shows and model show homes to get a feel for what your dream home is. ISTOCK/THINKSTOCK

Informed shoppers are best shoppers

LESLEY SCORGIE
For Metro

Maybe you have been dreaming up blueprints for years or simply stumbled upon a community where you would like to build your new home. Whatever the case, put on your savvy shopper hat and get informed.

There are many communities, designs, and builders to choose from, so read advertisements, browse builder websites, visit home shows and model show homes to get a feel for what your dream home is. Make a list of your need-to-have and want-to-have requirements.

Similar to resale homes, location and amenities are key when buying new. Investigate future development plans for roads, schools, shopping centres, green space and more prior to selecting your community.

When buying new, you are purchasing a package of services, not just the physical home structure, so you will need to carefully select a builder who is aligned with your goals.

Every builder will have a different philosophy on quality, speed to complete the home, flexibility with the design and the inclusion of certain finishings; some are standard like carpet floor, whereas others, like hardwood, cost extra and need to be included in your budget. Some builders require milestone payments throughout the construction process, in which case you will need your lender to design a mortgage structure that accommodates these. All of these items are negotiable.

Warranty and after-sale services are also very important so you aren't left high and dry with a lopsided door or faulty furnace. Before your home is completed, you will join the builder in a walk-through of the home to verify that the work has been done according to plan. If you are satisfied, you will sign a certificate of completion, noting any outstanding work and when it will be completed. This triggers the warranty coverage on your home.

Choose a builder with an excellent reputation and interview owners who have purchased from your builder. In Canada, most builders are members of the local Canadian Home Builder's Association (chba.ca). Ensure your builder is a true professional.

When buying new, you are purchasing a package of services, not just the physical home structure, so you will need to carefully select a builder who is aligned with your goals. BRAND X PICTURES/THINKSTOCK

Saving helps form healthy financial habits

LESLEY SCORGIE
For Metro

Do you think home ownership is right for you? The first step to making your dream a reality is saving for a down payment.

Most lenders require that you put down a minimum of five per cent of the value of the home, from your own resources or by way of a gift from an immediate relative. If the home you want to purchase costs $300,000, a five per cent down payment is $15,000.

Keep in mind that if you want to avoid having to pay for mortgage insurance, offered namely by the Canada Mortgage and Housing Corporation (CMHC), Genworth, or Canada Guaranty, you will need to come up with a 20 per cent down payment.

Ready for the challenge? Flip open your laptop and create a budget or download a free template from any major bank, CMHC or Google documents.

Budgets are an effective tool to help plan your savings and control spending. List your monthly income and subtract your expenses to get to your bottom line.

Knowing the amount you want to save for a down payment, determine how much you will need to tuck away each month to achieve your goal. To save $15,000 in one year will mean squirrelling away $1,250 per month. If you get a bonus or gift from a family member, add it to your savings.

The safest interest-earning accounts are high-interest savings accounts, guaranteed investment certificates, and money market mutual funds, all of which you can contribute through automatic bank contributions on payday. Don't invest your down payment in a high-risk junk bond or you could lose it.

As an alternative, first-time homebuyers can use the federal government's Home Buyers' Plan (HBP) and become homeowners faster.

The act of saving for a down payment helps form healthy financial habits, which you will need once you are a homeowner.

Before you meet with any mortgage lender, get familiar with current rates, terms and conditions. CREATAS/THINKSTOCK

Mortgages. Select the right financing

There are more than 400 types of mortgage products in Canada and it's important to select financing that suits your needs.

Financial institutions offer mortgage products from their in-house selection. If you are an existing client of the institution, you can negotiate for the best rates because the bank wants to keep your business. So don't be afraid to present a competitive offer to your banker. Because of tough lending standards, however, Canadians with poor credit or low incomes will find it tough to qualify for traditional bank financing.

Mortgage brokers, on the other hand, are independent of any financial institution and work on behalf of you, rather than the lender. Mortgage brokers scour the market for the best mortgage options to suit your specific situation from a multitude of lenders — banks, trusts, private companies, and insurance firms. Because of the close connection with multiple lenders, brokers will negotiate terms and rates suited to your needs and often get nearly instant approvals. Mortgage brokers are free for you to use as the selected lender pays them.

Private mortgages, offered through mortgage brokers, are different from traditional mortgages in that private companies or private investors finance them. Their motivation to lend you money is an investment opportunity for them to collect interest.

Many private mortgage companies and investors have a higher risk tolerance than financial institutions and are therefore more flexible with lending rules. For buyers with a poor credit history or less stable financial situation, private mortgages are a good option. But because private mortgages tend to be higher risk, interest rates, and possibly closing fees, can be greater than mortgages offered by financial institutions.

Before you meet with any lender, get familiar with current rates, terms and conditions. Check posted rates on any bank's website. Ratehub.ca and ratesupermarket.ca compare the best rates in your area.

LESLEY SCORGIE

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House or condo. Which is right for you?

LESLEY SCORGIE
For Metro

If you love the thought of hosting backyard barbecues and you don't mind cutting the lawn, freehold home ownership will probably work for you.

Freehold ownership is where you own both the physical land and the home on the land. This means you have full control over the property, subject to any local land-use bylaws, Crown rights or other restrictions communicated to you at the time of purchase. As long as you don't break any laws or violate permitting limitations you can do almost anything to the property, from remodelling, to planting a garden to building a fence.

Freehold ownership also means the owner is responsible for maintaining the yard, interior and exterior of the property. But if you don't keep up with predetermined neighbourhood permits, codes and standards, local residents can submit their complaints and the city can issue you warnings.

If, on the other hand, the sight of hedging sheers causes you goosebumps, you may want to consider a condominium.

With condominium ownership, you own the unit you live in and share in the ownership of common space within your building. Each month, unit owners pay fees to maintain and improve the building.

Condominiums are typically governed by a board of directors comprised of select unit owners, and the day-to-day activities like lawn maintenance and window cleaning are managed by a property manager who is employed by the board.

Because you don't own the building in a condo, you are limited in what can be changed. For example, if you want to install a hot tub on the balcony of your 21st-floor apartment, you would likely need to seek approval from the condominium board prior to hiring a crane. And condominiums have rules about things like noise and pets.

For many individuals that travel, condominium living is perfect. They simply lock the door to their unit and jet set to their destination knowing their property is secure.

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A reputable realtor can walk you through the negotiation process and help you stick to your walk-away point. ISTOCK/THINKSTOCK

Negotiations are part of the process

In many cases, your initial offer to purchase is simply a starting point for negotiating. Often, the seller will counteroffer, which means they will ask for aspects of your initial offer to be amended, such as the price, deposit or conditions. Buyers and sellers continue to swap offers and counteroffers until they have reached an agreement or choose to walk away from the deal.

When making an offer, protect yourself and your finances by leaving emotions out of the equation and knowing your limits in terms of affordability and conditions. Clearly defining a "walk-away" point will also help guide the process.

When the negotiations begin, ask for what you want, but be realistic. Don't offer $100,000 for a property worth $1 million. Base your offer on facts by reviewing and presenting information on comparable properties from realtor.ca.

If it's a buyer's market, disclose that you are interested in other properties. If it's a seller's market, put a human face to the process and write a personal letter to the seller.

Throughout the process you will learn the seller's needs and can negotiate based on those.

A reputable realtor can walk you through the negotiation process and help you stick to your walk-away point.

The interest rate and terms of your mortgage are also up for negotiation. Follow these steps:

- Research current rates and terms by reviewing multiple websites of financial institutions. Also check out ratehub.ca for the best rates across Canada.
- Speak to a mortgage representative or manager, and ask for a better rate. Keep what you researched in mind during your discussion. Most credit grantors will try to work with you to earn or keep your business, especially if you are a good client.
- To strengthen your position, present a competitive offer that your lender could match.
- If the lender doesn't want to play ball, take your business elsewhere. LESLEY SCORGIE

Canucks a curious case on eve of new season

NHL. Vancouver's 2013-14 campaign gets underway Thursday night in San Jose

CAM TUCKER
cam.tucker@metronews.ca

Kevin Bieksa, seen here fighting Derek Dorsett of the New York Rangers last Thursday, is back this season as one of the stalwarts of the Canucks' blue-line. JONATHAN HAYWARD/THE CANADIAN PRESS

There is mystery and intrigue.

It's all to do with the Vancouver Canucks, as they open their brand new regular season on Thursday against the San Jose Sharks.

A sense of curiosity looms in the air.

Back-to-back first-round playoff exits — failures, to be more accurate — prompted general manager Mike Gillis to call for a "reset" of the organization. However, the biggest change came in the form of a new coach, when John Tortorella was hired prior to the NHL draft.

The roster remains, for the most part, the same. Daniel and Henrik Sedin — now in the final year of their current contracts — are still the offensive leaders and Ryan Kesler is still the second-line centre, although he's fallen victim to injuries over the past few years.

Roberto Luongo, called upon once again as the starting goaltender, didn't go actually anywhere. Instead, it was Cory Schneider who was traded, not Luongo.

And even bigger question marks: Can Zack Kassian, currently serving a suspension, fulfill his potential as a maturing power forward in this league? Can David Booth remain healthy, and if he does, can he contribute to the standard of a second-line winger?

Outside of the Tortorella hiring, massive changes that would qualify as a "reset" just haven't taken place. Instead, there have been additional tweaks. Summer signings Brad Richardson and Mike Santorelli now compile two-thirds of Vancouver's third line.

Fighting for fighting

"We'll play with a tennis ball before we take fighting out of the game."

Canucks defenceman Kevin Bieksa a day after the Canadiens' George Parros suffered a concussion in a fight, sparking debate about whether fighting should be a part of the game.

"I think the team is pretty similar but we play a different style," said Henrik Sedin on Tuesday.

"I think we have a little bit more jump in our game, more aggressiveness and it's been feeling pretty good so far."

The Canucks, playing in a brand new Pacific Division and with 15 games in October, including a seven-game road trip, are also getting used to Tortorella's system.

It's become a grind game. Pucks down low, wear the opponent down in their end and a greater emphasis on shot-blocking in the defensive zone.

"I think that's important, is to create an identity and that's what we're trying to do," said Tortorella.

Injuries giveth, taketh away from Lions

Lions receiver Courtney Taylor's status for Friday's game against the Roughriders is questionable. COURTESY CFL

The B.C. Lions could get a member of their receiving corps back for Friday's game against the Saskatchewan Roughriders, but another catcher might be forced to watch.

Head coach Mike Benevides believes non-import receiver Marco Iannuzzi could get back into the lineup when the Lions host the Roughriders at BC Place Stadium, after he missed the last game with a leg injury.

Meanwhile, Courtney Taylor may have to sit out the West Division tilt.

He was shaken up at the end of a spectacular diving catch in the Lions' blowout win over the Winnipeg Blue Bombers and was more of a spectator during Wednesday's practice in Surrey.

"Courtney really wants to play so we'll see what happens (Thursday)," said Benevides.

Wide receiver Korey Williams, primarily used as a kick returner at the beginning of the season, took most of the reps with the offence

There is also a chance Steve Myddelton replaces Dean Valli on the Lions' offensive line.

Valli has taken the past two days for rest, although he was on the field Wednesday.

The Lions have won three straight. With a win, they could move into a tie in points with the Calgary Stampeders atop the West Division.

Quarterback Thomas DeMarco, who has done well filling in for the injured Travis Lulay the past two weeks, looks to make his third consecutive start. It's his first start in front of the home fans, and the crowd number could hit 40,000.

"I'm anxious to see how he deals with that because that's another dynamic he hasn't dealt with," said Benevides.

CAM TUCKER/METRO

4 SPORTS

NHL, players need to wake up to deadly risk of fighting

DAVE LANGFORD
dave.langford@metronews.ca

The date was Dec. 12, 2008, and the incident occurred in an Ontario Hockey Association senior AAA game in Brantford, Ont.

Don Sanderson, a defenceman with the Whitby Dunlops, became involved in a fight with Brantford Blast forward Corey Fulton.

Just before the fight began, Sanderson's helmet came off. During the bout, both players fell to the ice, with Sanderson striking his head.

He passed out briefly, regained consciousness and then went into a coma.

Sanderson, 21, and a York University student, died Jan. 2, 2009, three weeks later.

Fast-forward to Tuesday night in Montreal.

George Parros, 33, of the Montreal Canadiens, engaged in two meaningless fights with the Toronto Maple Leafs' Colton Orr. They were two of the five fights on the opening-night card of the NHL schedule.

Canadiens enforcer George Parros is examined by trainers on Tuesday after falling face-first into the ice during a fight with the Maple Leafs' Colton Orr. RYAN REMIORZ/THE CANADIAN PRESS

In the fourth bout of the night, Parros stumbled over his opponent, smashing his face into the ice.

And just like Sanderson five years earlier, Parros passed out, regained consciousness and was taken off the ice on a stretcher.

But unlike Sanderson, Parros will live to tell his story. And unlike that ugly day in Brantford, we now have the opportunity to learn from our mistakes. And from Sanderson's death.

The fixes need to begin at the NHL level, with rules for needless fighting put into place.

It's easy. Fight and you will be ejected. It's simple, clean and everyone can understand it. It doesn't ban fighting; it increases the consequences.

Don't stop hitting. Keep skating at the highest speeds we have ever seen. Take Don Cherry's national platform away from him.

NHLers are larger, faster and stronger now than they have ever been. The game itself is as entertaining as we have ever seen.

In short, it's a wonderful game. Let's make certain it's a wonderful life.

Parros leaves hospital

Montreal Canadiens enforcer George Parros was released from hospital Wednesday after being treated for a head injury suffered in a fight with Maple Leafs tough guy Colton Orr during Tuesday's season-opening loss to Toronto.

Leafs spoil Flyers' party

The Toronto Maple Leafs celebrate Dave Bolland's first goal since joining the team as Luke Schenn looks on during the Philadelphia Flyers' home opener on Wednesday night. Bolland scored twice in the third period as the Leafs won 3-1. MATT SLOCUM/THE ASSOCIATED PRESS

UFC

Grant battling through fog of concussion

A star athlete from Cole Harbour, N.S., sidelined by a concussion at the peak of his game.

It's not a new story, but this time the athlete in question is UFC lightweight contender T.J. Grant rather than Sidney Crosby.

The 29-year-old fighter missed out on an August title shot and had to pass on another in December while he waits to feel normal.

Ask Grant these days how he is feeling and the answer is not simple.

"Not too bad. Feeling all right," he said in a recent interview. "It could be better … I'm a lot better now than I was, that's for sure."

In June, Grant was hit in the head by his training partner's foot during a jiu-jitsu session. Later in the session, he was hit again.

"I don't know which one it was," he said of the head blows. "All I know is just when I was done training, I didn't feel right." THE CANADIAN PRESS

MLB. Rays' Cobb shuts out Indians on the road in AL Wild Card faceoff

The Tampa Bay Rays' road show rolls on. Next stop: Boston.

Alex Cobb dodged trouble for nearly seven innings and the Rays pitched their way to another must-have win on the road, beating the Cleveland Indians 4-0 Wednesday night in the AL wild-card game.

Cobb, who missed a chunk of the regular season after he was hit in the head by a line drive, quieted a thundering Cleveland crowd and ended the Indians' unexpected season.

"Can't put into words the appreciation I have celebrating on this field," Cobb said. "I knew how close it was to not coming back. Sitting on the couch watching these games, I knew we had a good chance. We have a great team. I was going to do everything I could to get back and be a part of it."

Delmon Young homered in the third inning off rookie Danny Salazar as the Rays, playing in their third city over four days, advanced to face the AL East champion Red Sox in the division series starting Friday.

THE ASSOCIATED PRESS

Alex Cobb of the Rays throws a pitch in the first inning. GETTY IMAGES

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	4	0	0	1.000	89	57
Miami	3	1	0	.750	91	91
N.Y. Jets	2	2	0	.500	68	88
Buffalo	2	2	0	.500	88	93

NORTH

	W	L	T	Pct	PF	PA
Baltimore	2	2	0	.500	91	87
Cincinnati	2	2	0	.500	81	81
Cleveland	2	2	0	.500	64	70
Pittsburgh	0	4	0	.000	69	110

SOUTH

	W	L	T	Pct	PF	PA
Indianapolis	3	1	0	.750	105	51
Tennessee	3	1	0	.750	98	69
Houston	2	2	0	.500	90	105
Jacksonville	0	4	0	.000	31	129

WEST

	W	L	T	Pct	PF	PA
Denver	4	0	0	1.000	179	91
Kansas City	4	0	0	1.000	102	41
San Diego	2	2	0	.500	108	102
Oakland	1	3	0	.250	71	91

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	2	2	0	.500	104	85
Philadelphia	1	3	0	.250	99	138
Washington	1	3	0	.250	91	112
N.Y. Giants	0	4	0	.000	61	146

NORTH

	W	L	T	Pct	PF	PA
Detroit	3	1	0	.750	122	101
Chicago	3	1	0	.750	127	114
Green Bay	1	2	0	.333	96	88
Minnesota	1	3	0	.250	115	123

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	4	0	0	1.000	108	55
Carolina	1	2	0	.333	68	36
Atlanta	1	3	0	.250	94	104
Tampa Bay	0	4	0	.000	44	70

WEST

	W	L	T	Pct	PF	PA
Seattle	4	0	0	1.000	109	47
San Francisco	2	2	0	.500	79	95
Arizona	2	2	0	.500	69	89
St. Louis	1	3	0	.250	69	121

WEEK 5

Thursday's game — All Times Eastern
Buffalo at Cleveland, 8:25 p.m.
Sunday's games
Seattle at Indianapolis, 1 p.m.
Jacksonville at St. Louis, 1 p.m.
New England at Cincinnati, 1 p.m.
Kansas City at Tennessee, 1 p.m.
Baltimore at Miami, 1 p.m.
New Orleans at Chicago, 1 p.m.
Philadelphia at N.Y. Giants, 1 p.m.
Detroit at Green Bay, 1 p.m.
Carolina at Arizona, 4:05 p.m.
Denver at Dallas, 4:25 p.m.
San Diego at Oakland, 4:25 p.m.
Houston at San Francisco, 8:30 p.m.

NHL

Wednesday's results
Toronto at Philadelphia
Buffalo at Detroit
Anaheim at Colorado
Tuesday's results
Toronto 4 Montreal 3
Chicago 6 Washington 4
Winnipeg 5 Edmonton 4
Thursday's games
Calgary at Washington, 7 p.m.
Tampa Bay at Boston, 7 p.m.
New Jersey at Pittsburgh, 7 p.m.
Los Angeles at Minnesota, 8 p.m.
Nashville at St. Louis, 8 p.m.
Florida at Dallas, 8:30 p.m.
NY Rangers at Phoenix, 10 p.m.
Vancouver at San Jose, 10 p.m.
Friday's games
Calgary at Columbus, 7 p.m.
Detroit at Carolina, 7 p.m.
Ottawa at Buffalo, 7 p.m.
NY Islanders at New Jersey, 7 p.m.
Los Angeles at Winnipeg, 8 p.m.
Nashville at Colorado, 9 p.m.

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Toronto	13	9	4	0	388	337	18
Hamilton	13	6	7	0	327	364	12
Montreal	13	5	8	0	302	361	10
Winnipeg	13	2	11	0	268	421	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Calgary	13	10	3	0	408	312	20
x-B.C.	13	9	4	0	378	319	18
Saskatchewan	13	8	5	0	388	299	16
Edmonton	13	3	10	0	316	362	6

x-clinched playoff berth
Friday's games — All Times Eastern
Hamilton at Toronto, 7 p.m.
Saskatchewan at B.C., 10 p.m.
Saturday's games
Montreal at Edmonton, 3:30 p.m.
Winnipeg at Calgary, 6:30 p.m.

MLB

WILD CARD

Wednesday's result
AL: Tampa Bay at Cleveland
Tuesday's result
NL: Pittsburgh 6 Cincinnati 2

AL DIVISION SERIES

(Best-of-5)
OAKLAND VS. DETROIT
Friday's game
Detroit at Oakland, 9:37 p.m.
BOSTON VS. CLEVELAND-TAMPA BAY WINNER
Friday's game
Cleveland-Tampa Bay winner at Boston, 3:07 p.m.

NL DIVISION SERIES

(Best-of-5)
ATLANTA VS. LOS ANGELES
Thursday's game — All Times Eastern
Los Angeles at Atlanta, 8:37 p.m.
ST. LOUIS VS. PITTSBURGH
Thursday's game — All Times Eastern
Pittsburgh at St. Louis, 5:07 p.m.

Horoscopes

♈ Aries
March 21 - April 20
If a friend or colleague insists on what you think is a silly course of action, don't argue about it. Your best strategy is to agree with every word they say. Come tomorrow, they will have forgotten about it.

♉ Taurus
April 21 - May 21
Most times you manage to get your way but today others are determined to deny you what you want. There will be a few cross words before the sun sets. Most will come from you.

♊ Gemini
May 22 - June 21
You feel left out. Everyone but you seems to have something important to do. Why not turn it to your advantage? If others are too busy to watch you then you're free to do as you please.

♋ Cancer
June 22 - July 23
Is a certain relationship worth the effort? That is the question you will be asking yourself today but you must not come to any hard conclusions just yet. Come tomorrow, it won't look as bad as it does now.

♌ Leo
July 24 - Aug. 23
You may be eager to spend money, if only to cheer yourself up, but your extravagance could backfire on you later in the month when various bills have to be paid and you don't have the cash. Be prudent.

♍ Virgo
Aug. 24 - Sept. 23
Try to view a negative situation in a positive way. Most of the "problems" you encounter are not really problems, just everyday events that you have allowed to balloon in size.

♎ Libra
Sept. 24 - Oct. 23
You won't be in the most trusting of moods today. You seem to believe that even your allies are plotting against you. It's all nonsense, of course, and by the end of the week you'll be the best of friends again.

♏ Scorpio
Oct. 24 - Nov. 22
Today's difficult cosmic picture may incline you to gloom and doom but don't let downbeat thoughts take over your mind. Make a list of all the things you have to be thankful for.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't take it to heart if certain people pour scorn on your ideas. It doesn't mean they don't think you are capable of reaching your goals. On the contrary, they know you are and that's what worries them.

♑ Capricorn
Dec. 22 - Jan. 20
Today's Sun-Uranus link may tempt you to scrap everything and start again from scratch but is that smart? Think of all the remarkable things you have done over the years. Don't waste all that good experience.

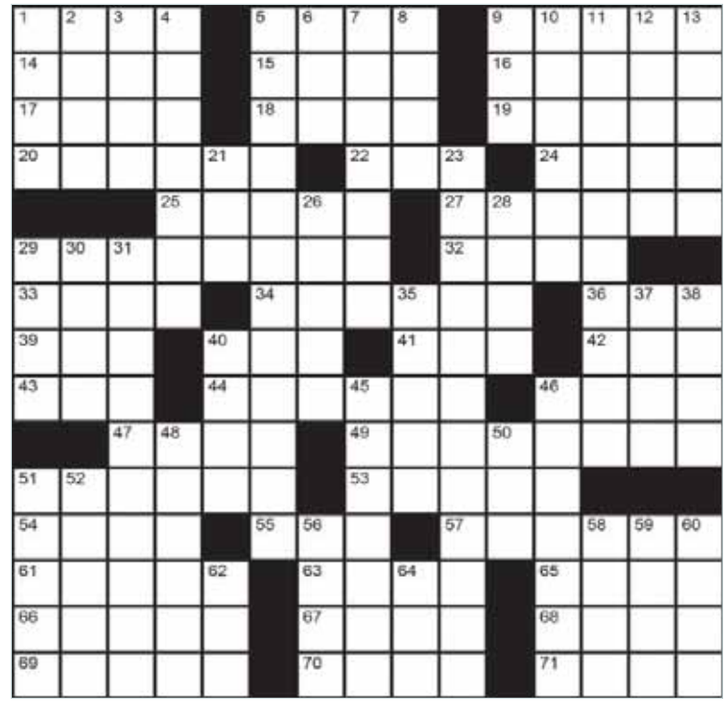
♒ Aquarius
Jan. 21 - Feb. 19
You would love to escape your everyday environment. So why don't you? Pack an overnight bag and head off into the wild blue yonder. Short-term escapism isn't bad.

♓ Pisces
Feb. 20 - March 20
The Sun at odds with Uranus, planet of the unexpected, could bring a nasty financial suprise, but don't panic. Cash flow may be slow but it's not the end of the world. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

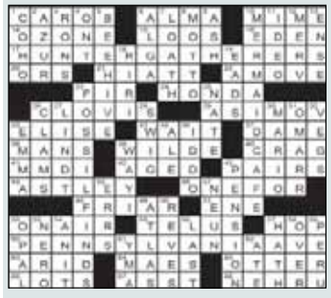
BY KELLY ANN BUCHANAN



Across
1. Puffy li'l props
5. Networks
9. "Pretty Bad Boy" is by which Canadian band?
14. Canadian country songstress Ms. Yates
15. Mine passage
16. Intro-to-French verb
17. Lang. of Rome
18. "Hard Core __" (1996)
19. Wait on
20. Canadian football trophy, __ Cup
22. Chapeau: English
24. Canadian rebel Louis
25. __ finalis (Purpose, in Latin)
27. Devices for detecting
29. City in Quebec
32. Aware of, as a surprise: 2 wds.
33. Its capital is Muscat
34. Soap brand
36. 0 Meridian letters
39. Driveway covering
40. Scribble something swiftly
41. Not he
42. Particular loaf
43. UK record label
44. Ironed pants lines
46. Director Mr. Reiner
47. Margarine
49. Treason
51. Harmless, healthwise
53. Skincare formula
54. Souls: French
55. Nevertheless
57. Drummer on "The Muppets"
61. Coffee serving
63. Deeply absorbed
65. Volcanic rock
66. Traditional toys
67. Prie-__ (Prayer bench)
68. "The __ in Winter" (1968)
69. Rosebud, and others
70. Adam & The __
71. Prince Charles' sister

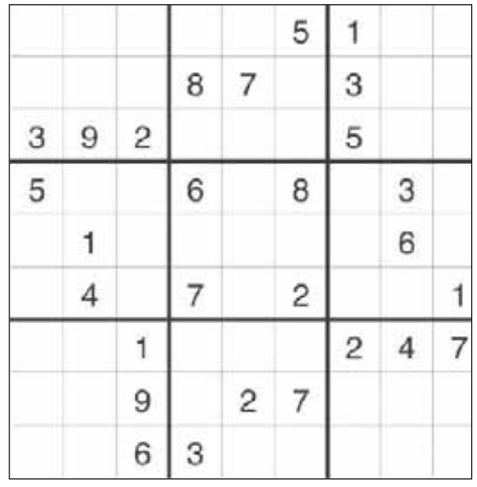
Down
1. 154 in ancient Rome
2. Wee bit
3. Mommy's mom, mini-ly
4. California's techie region, __ Valley
5. Arctic animal group-ing sight: 2 wds.
6. Tokyo, once
7. '80s rocker's coiffure look: 2 wds.
8. Ancient portico of Greece
9. Car's fill up
10. Exceed
11. Oscar Wilde novel, The Picture of __ __
12. Scuba-using person
13. Mr. Hershiser's of baseball
21. H2O, in Hull
23. Seven-time WWE women's champ from Richmond Hill, Ontario: 2 wds.
26. Glide on ice
28. L'__ aux Meadows
29. Memorization method
30. Islamic leader
31. Puppet-on-strings
35. Founded in 1946, __ Lauder
37. "__ Breckinridge" (1970)
38. Recount
40. PC image file format
45. Fast from
46. Prince Charles' wife
48. Put for sale, as a house
50. Flee
51. Resists
52. Internet letter
56. Earth goddess in Richard Wagner's opera Das Rheingold
58. City's central street
59. Makeup company
60. "Penny __" by The Beatles
62. Feminine suffix
64. Monogram of our 15th Prime Minister

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

7	8	3	9	4	2	1	5	6
1	5	4	6	7	3	8	2	9
9	2	6	8	5	1	3	4	7
3	7	5	2	1	9	4	6	8
8	9	1	5	6	4	2	7	3
4	6	2	7	3	8	9	1	5
5	4	8	3	2	6	7	9	1
6	1	9	4	8	7	5	3	2
2	3	7	1	9	5	6	8	4

Today
13°/9°
Sunny

Friday
14°/10°
Partly cloudy

Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

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